

INTISARI

Berbagai faktor dapat memengaruhi kepatuhan remaja putri dalam mengonsumsi tablet tambah darah. Konsumsi tablet tambah darah secara rutin berperan penting dalam pencegahan anemia dan mengurangi risiko tingginya angka stunting di Indonesia. Penelitian ini bertujuan untuk mengetahui gambaran dan hubungan antara karakteristik sosiodemografi dengan pengetahuan, pengetahuan dengan sikap, pengetahuan dengan kepatuhan, dan sikap dengan kepatuhan dalam mengonsumsi tablet tambah darah pada siswi SMA/SMK/Sederajat di Kabupaten Sleman.

Penelitian ini dilakukan dengan rancangan penelitian kuantitatif non-eksperimental, yaitu deskriptif-analitik observasional, dengan pendekatan *cross-sectional*. Digunakan teknik *convenience sampling* untuk pengambilan sampel. Data diperoleh melalui jawaban dari kuesioner yang disajikan dalam bentuk *Google Form* dan disebarikan secara langsung di tiga sekolah SMA/SMK/Sederajat di Kabupaten Sleman, yaitu MAN 2 Sleman, MAN 3 Sleman, dan SMKN 2 Depok Sleman. Pengambilan data secara *online* dilakukan di SMAN 1 Depok Sleman. Analisis data dilakukan dengan uji *Kruskal-Wallis* dan *Rank Spearman* melalui bantuan *software* SPSS. Penelitian ini dilaksanakan pada November 2024.

Berdasarkan hasil penelitian, diperoleh jumlah responden sebanyak 224 orang. Hasil penelitian menunjukkan bahwa sebagian besar responden sudah mengetahui terkait fungsi tablet tambah darah (98,7%), sebagian besar responden menyatakan sikap yang sangat setuju terhadap manfaat tablet tambah darah (83,0%), dan sebagian besar responden menyatakan bahwa mereka selalu menerima tablet tambah darah yang diberikan oleh sekolah atau puskesmas setiap minggunya (71,4%). Analisis bivariat menunjukkan hasil bahwa tidak terdapat hubungan yang signifikan antara karakteristik sosiodemografi dengan pengetahuan ($p\text{-value} > 0,05$) dan terdapat hubungan yang signifikan antara pengetahuan dengan sikap terhadap anemia dan program pemberian suplementasi tablet tambah darah dengan $p\text{-value} = 0,002$. Hasil penelitian juga menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan dengan kepatuhan dalam mengonsumsi tablet tambah darah dan sikap dengan kepatuhan dalam mengonsumsi tablet tambah darah dengan masing-masing $p\text{-value} < 0,001$.

Kata kunci: pengetahuan, sikap, kepatuhan, tablet tambah darah, remaja putri, anemia

ABSTRACT

Various factors may influence adolescent girls' adherence to taking iron supplement tablets. Regular consumption of iron supplement tablets plays an important role in preventing anaemia and reducing the risk of high stunting rates in Indonesia. This study aims to determine the description and relationship between sociodemographic characteristics with knowledge, knowledge with attitudes, knowledge with adherence, and attitude with adherence in taking iron supplement tablets among SMA/SMK/Sederajat students in Sleman Regency.

This study was conducted with a non-experimental quantitative research design, namely descriptive-analytic observational, with a cross-sectional approach. Convenience sampling technique was used for sampling. Data were obtained through answers from questionnaires presented in the form of Google Form and distributed directly in three SMA/SMK/Sederajat schools in Sleman Regency, namely MAN 2 Sleman, MAN 3 Sleman, and SMKN 2 Depok Sleman. Online data collection was conducted at SMAN 1 Depok Sleman. Data analysis was conducted using Kruskal-Wallis and Rank Spearman tests with the help of SPSS software. This study was conducted in November 2024.

Based on the results of the study, the number of respondents was 224 people. The results showed that most respondents were aware of the function of iron supplement tablets (98.7%), most respondents expressed a very agreeable attitude towards the benefits of iron supplement tablets (83.0%), and most respondents stated that they always received iron supplement tablets provided by schools or health centres every week (71.4%). Bivariate analysis showed that there was no significant relationship between sociodemographic characteristics and knowledge ($p\text{-value} > 0.05$) and there was a significant relationship between knowledge and attitude towards anaemia and the iron tablet supplementation program with $p\text{-value} = 0.002$. The results also showed that there was a significant relationship between knowledge with adherence in taking iron supplement tablets and attitude with adherence in taking iron supplement tablets with each $p\text{-value} < 0.001$.

Keywords: *knowledge, attitude, compliance, iron supplement tablets, adolescent girls, anaemia*