

INTISARI

Latar Belakang : Prevalensi anemia di dunia sangat tinggi, terutama di negara-negara sedang berkembang, termasuk Indonesia. Menurut *World Health Organization* (2013), prevalensi anemia dunia berkisar 40-88%. Menurut Riset Kesehatan Dasar tahun 2013, prevalensi anemia tertinggi di Indonesia ditemukan pada kelompok remaja perempuan usia 15-19 tahun sebesar 38,5%. Data Survei Kesehatan Rumah Tangga tahun 2012 menyatakan bahwa prevalensi anemia pada remaja putri usia 10-18 tahun sebesar 57,1% dan usia 19- 45 tahun sebesar 39,5%. Angka kejadian anemia di Jawa Tengah pada tahun 2013 mencapai 57,1%. Wanita mempunyai risiko terkena anemia paling tinggi terutama pada remaja putri. Pemberian tablet tambah darah sangatlah penting bagi remaja putri, namun dalam kenyataannya, didapatkan sejumlah remaja putri yang sudah tidak mau minum tablet tambah darah dengan berbagai macam hambatan dan kendala yang dialaminya.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui persepsi siswi sekolah lanjutan tingkat pertama yang menolak minum tablet tambah darah 1 tablet 1 minggu sebelum dan sesudah dilakukan *narrative in action* di sekolah wilayah kerja Kecamatan Kaligesing.

Metode: Penelitian ini adalah penelitian kualitatif dengan pendekatan *narrative in action*. Sampel yang digunakan Sebanyak 22 sampel yang dibagi kedalam 2 kelompok. Kriteria inklusi peserta penelitian ini adalah siswi sekolah lanjutan tingkat pertama yang sudah tidak mau minum tablet tambah darah lagi. Pengumpulan data primer dilakukan melalui *fokus group discussion* kepada subjek penelitian. Hasil dari diskusi akan dilakukan transkripsi, kemudian hasil transkripsi tersebut dibaca dan dianalisis.

Hasil Penelitian: Hasil dari penelitian ini didapatkan persepsi sebelum dilakukan *narrative in action* adalah siswi hanya mengetahui anemia dan gejalanya, siswi hanya mengetahui wujud fisik dari TTD dan cara minum TTD yang benar, semua siswi dalam penelitian ini merasakan efek samping seperti mual, pusing dan lemas sehingga siswi tidak mau minum TTD lagi, siswi tidak mempunyai motivasi untuk minum TTD, siswi menganggap minum TTD itu penting namun tidak mau minum karena efek samping dari TTD, siswi lebih tegang, takut akan efek samping yang ditimbulkan oleh TTD seperti mual, pusing dan lemas. Setelah dilakukan *narrative in action* terdapat perbedaan persepsi, yaitu selain mengetahui gejala anemia siswi juga mengerti bahaya anemia, penyebab anemia pada remaja putri dan cara mengatasi anemia, siswi mengetahui manfaat dan alasan remaja putri harus minum TTD, beberapa siswi masih merasakan efek samping TTD (mual, pusing, lemas), namun keluhan yang dirasakan lebih singkat dan kualitasnya menurun, bahkan ada yang sudah tidak merasakan keluhan, siswi masih mau minum TTD walaupun merasakan efek sampingnya karena siswi mengetahui manfaat dari TTD bahkan ada yang merasakan manfaatnya, siswi mempunyai motivasi untuk mendapat nilai yang bagus, menjadi lebih segar, lebih cantik dan sehat, siswi menganggap penting minum TTD karena manfaatnya banyak, siswi lebih relaks dan santai ketika minum TTD karena siswi tahu cara mengantisipasi ketika efek samping tersebut muncul

Kesimpulan: Terdapat perbedaan persepsi pada siswi sebelum dan sesudah dilakukan *narrative in action*, sehingga panduan *narrative in action* dapat digunakan untuk program pemberian tablet tambah darah terutama bagi remaja putri yang sudah tidak mau minum TTD lagi.

Keyword : Anemia, *narrative in action*, persepsi, tablet tambah darah.

ABSTRACT

Background: The prevalence of anemia in the world is very high, especially in developing countries, including Indonesia. According to the World Health Organization (WHO) (2013), the prevalence of world anemia ranges from 40-88%. According to Basic Health Research (RIKESDAS) in 2013, the highest prevalence of anemia in Indonesia is found in groups of girls aged 15-19 years at 38.5%. Data on Household Health Survey (SKRT) in 2012 stated that the prevalence of anemia among girls aged 10-18 years was 57.1% and age 19- 45 years was 39.5%. The incidence of anemia in Central Java in 2013 reached 57.1%. Women have the highest risk of anemia, especially in young women. Giving TTD is very important for young women, considering teenage girls has menstruation every month, they are in the period of growth and lack of nutrient intake, especially iron, It is important for young women to drink TTD to meet the needs of iron so as not to cause anemia which results in weakness, fatigue, impaired concentration and pain. However, in reality, there were number of young women who did not want to consume TTD with various obstacles.

Research: This study aims to determine the perception of junior high school students who refuse to consume TTD 1 tablet 1 week before and after done narrative in action at SLTP school in work area of Kaligesing Subdistrict.

Method: This research was a qualitative research with narrative in action approach. Sample were 22 student divided into 2 groups. The inclusion criteria of the study participants were first grade high school students who did not want to take FE tablets. Primary data collection was done through focus group discussion to the subject of research. The results of the discussion will be transcribed, then the transcription results were read and analyzed.

Research Result: The result of this research were perception before the narrative in action was done the students only know the anemia and its symptom, they just know the shape of TTD and how to consume correct TTD, all student in this research feel side effect like nausea, dizziness and fatigue so they did not want to consume TTD anymore, students did not have the motivation to consume TTD, students consider consume TTD is important but did not want to consume because of side effects of TTD, they fell more tense, fear of side effects caused by TTD like nausea, dizziness and weak. After the narrative in action was done there was a change of perception, that was beside knowing the symptoms of anemia student also understand the danger of anemia, cause of anemia in adolescent girl and how to overcome anemia, student know the benefit and reason of young woman have to consume TTD, some student still feel side effect of TTD nausea, dizziness and fatigue but the complaints were felt shorter and the quality decreases, even some of them have not felt the complaint, students still want to consume TTD despite feeling the side effects because they knew the benefits of TTD and some even feel the benefits, students have the motivation to get good grades, become more fresh, more beautiful and healthy, students consider it is important to consume TTD because of its many benefits, students were more relaxed when consume TTD because the students know how to anticipate when the side effects appear.

Conclusions and recommendations: The perception of junior high school students before the narrative in action was done was different from the perception after the narrative in action was done so that in this case narrative in action guide made by researchers can be used for this TTD program, so that the students who originally did not want to consume



TTD become want to consume TTD again. This study has a shortage of UKS officers in schools who supervise the TTD consume process every one week. It is also need to explore the teacher perception of the program so that, later it will support the success of the program and reduce the bias of research.

Keywords: Anemia, Narrative in action, Perception, tablet FE