

## INTISARI

Keberhasilan program pencegahan dan penanggulangan anemia defisiensi besi pada remaja putri tergantung dari tingkat kepatuhan individual terhadap pengobatan. Ketidakepatuhan remaja putri dalam menjalankan terapi merupakan salah satu penyebab kegagalan terapi. Untuk meningkatkan kepatuhan yang berdampak kepada keberhasilan terapi sangat diperlukan pemberian informasi obat berupa konseling. Penelitian ini bertujuan mengetahui pengaruh konseling apoteker terhadap hasil *outcome* anemia berupa peningkatan kadar hemoglobin dan peningkatan kepatuhan minum obat pada siswi SMA.

Subjek penelitian ini remaja putri di Sekolah Menengah Atas (SMA) di wilayah kerja puskesmas Mlati II selama bulan Januari - Agustus 2020. Desain penelitian ini adalah *pretest posttest with control group design* dengan metode pengambilan sampel *simple random sampling*. Sebanyak 70 remaja putri dikelompokkan secara random menjadi kelompok yang memperoleh intervensi konseling (35 remaja putri) dan kelompok tanpa intervensi atau kontrol (35 remaja putri). Subjek penelitian diikuti selama 30 hari untuk mengamati *outcome* anemia berupa kadar hemoglobin dan tingkat kepatuhan minum obat TTD siswi SMA sebelum dan sesudah konseling.

Hasil penelitian menunjukkan terdapat penurunan rata-rata skor kepatuhan kelompok kontrol sebesar  $-0,03 \pm 1,23$ , sedangkan pada kelompok perlakuan terdapat peningkatan sebesar  $0,77 \pm 1,51$  ( $p=0,020$ ). Setelah pemberian intervensi konseling terdapat peningkatan kadar hemoglobin kelompok kontrol sebesar  $0,96 \pm 0,97$  g/dL dan kelompok perlakuan sebesar  $1,47 \pm 1,02$  g/dL ( $p=0,042$ ). Hasil ini menunjukkan bahwa pemberian intervensi konseling oleh apoteker dapat meningkatkan kepatuhan dan kadar hemoglobin pada remaja putri anemia yang menerima program suplementasi zat besi.

**Kata Kunci :** anemia, kepatuhan, konseling apoteker, kadar hemoglobin

## **ABSTRACT**

*The success of the iron deficiency anemia prevention and control program in adolescent girls depends on the level of individual adherence to treatment. The non-compliance of young women in carrying out therapy is one of the causes of therapy failure. To increase adherence which has an impact on the success of therapy, it is necessary to provide drug information in the form of counseling. This study aims to determine the effect of pharmacist counseling on the outcome of anemia in the form of increased hemoglobin levels and increased medication adherence to high school students.*

*The subjects of this study were young women in high school (SMA) in the work area of the Mlati II puskesmas during January - August 2020. The design of this study was a pretest posttest with control group design with method simple random sampling. A total of 70 young women were randomly divided into groups that received counseling intervention (35 young women) and groups without intervention or control (35 young women). The study subjects were followed for 30 days to observe the outcome of anemia in the form of an increase in hemoglobin levels and the level of adherence to taking iron supplement medication for high school students before and after counseling.*

*The results showed that there was a decrease in the average compliance score of the control group by  $-0,03 \pm 1,23$ , while in the treatment group there was an increase of  $0,77 \pm 1,51$  ( $p = 0,020$ ). After giving counseling intervention there was an increase in hemoglobin levels in the control group by  $0,96 \pm 0,97$  g/dL and the treatment group by  $1,47 \pm 1,02$  g/dL ( $p=0,042$ ). These results indicate that counseling intervention by pharmacists can improve adherence and hemoglobin levels in anemic adolescent girls who receive iron supplementation programs.*

**Keywords:** *anemia, adherence, pharmacist counseling, hemoglobin levels*