

ABSTRAK

HUBUNGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMA MA'ARIF DESA TERRAK KECAMATAN TLANAKAN KABUPATEN PAMEKASAN

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Pendahuluan: Remaja putri merupakan salah satu kelompok wanita usia subur yang rawan menderita anemia. Wanita usia subur yang mengalami anemia gizi besi akan mudah sakit karena daya tahan tubuh yang rendah sehingga produktivitas kerja rendah. Salah satu faktor yang mempengaruhi kejadian anemia pada remaja adalah tidak patuh dalam mengonsumsi tablet tambah darah.

Tujuan: : Untuk mengetahui hubungan kepatuhan konsumsi tablet tambah darah dengan kejadian anemia remaja putri di SMA MA'ARIF Desa terrak Kecamatan Tlanakan Kabupaten Pamekasan.

Metode: Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*, jumlah populasi sebanyak 40 orang diperoleh sampel dengan teknik *simple random sampling* yaitu 35 orang menggunakan alat ukur kuesioner dengan analisa data *chi-square*.

Hasil: Berdasarkan hasil uji analisis chi-square didapatkan $p < 0,05$, ada hubungan kepatuhan konsumsi tablet tambah darah dengan kejadian Anemia pada remaja putri.

Kesimpulan: Remaja putri akan mengalami Anemia jika tidak patuh dalam mengonsumsi tablet tambah darah karena tidak mendapatkan informasi dan cara minum yang tepat.

Kata kunci: Anemia remaja putri, Kepatuhan, Tablet tambah darah

ABSTRACT

THE CORRELATION BETWEEN OBEDIENCE TO CONSUMPTION BLOOD SUPPLEMENT TABLETS IN ANEMIA CONDITION FOR ADOLESCENT GIRLS AT SMA MA'ARIF ON TERRAK VILLAGE, TLANAKAN DISTRICT, PAMEKASAN REGENCY

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Introduction: Adolescent girls are a group of fertile age women who easier to anemia. Fertile age women who have anemia are iron deficiency will easy to get sick because of their low immune system, so they are low working productivity. One of the factors that influence the anemia condition for adolescent girls are disobedience to consumption blood supplement tablets.

Purpose: To determine the correlation between obedience to consumption blood supplement tablets in anemia condition for adolescent girls at SMA Ma'arif on Terrak Village, Tlanakan District, Pamekasan Regency.

Methods: This study used a correlational analytic design by a cross-sectional approach, the total samples were 40 people, the sample was obtained by simple random sampling technique, it was 35 people used measuring by chi-square analysis data.

Results: Based on the results of the chi-square analysis test, it was found that $p < 0.05$, there was a correlation between obedience to consumption blood supplement tablets in anemia condition for adolescent .

Conclusion: Adolescent Girls will have Anemia if they are not obey to consume blood supplement tablets because they do not get information and how to the right consume it.

Key words: Anemia of adolescent girls, obedience, blood supplement tablets.

