

ABSTRAK

EFEKTIVITAS PENDEKATAN *BLANKET APPROACH* TERHADAP TINGKAT KEPATUHAN MINUM TABLET TAMBAH DARAH PADA REMAJA PUTRI DI SMPN 1 WARU PAMEKASAN

Oleh : Meilynda Aulia Oktavianti

Pendahuluan: Remaja putri rentan terhadap anemia akibat menstruasi yang menyebabkan kehilangan darah dan asupan zat besi yang kurang. Ketidapatuhan mereka dalam mengonsumsi tablet tambah darah (TTD) dapat berdampak serius pada kesehatan terutama meningkatkan risiko anemia. **Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas pendekatan blanket approach terhadap tingkat kepatuhan minum tablet tambah darah pada remaja putri di SMPN 1 Waru Pamekasan. **Metode:** Jenis penelitian ini adalah penelitian pra eksperimental, populasi semua siswi smpn 1 waru sebanyak 63 orang, teknik sampling proportionate stratified random sampling, dengan jumlah sampel 54 orang. alat ukur menggunakan kuesioner dengan uji analisa McNemar. **Hasil:** Sebelum dilakukan pendekatan blanket approach Menunjukkan sebagian besar patuh minum tablet tambah darah (TTD). Setelah dilakukan pendekatan blanket approach menunjukkan hampir seluruhnya patuh minum tablet tambah darah (TTD). Pendekatan blanket approach efektif terhadap tingkat kepatuhan minum tablet tambah darah (TTD) pada remaja putri di SMPN 1 Waru Kabupaten Pamekasan dengan p value 0,000 (<0,05). **Kesimpulan:** Pendekatan blanket approach efektif meningkatkan kepatuhan remaja putri di SMPN 1 Waru Kabupaten Pamekasan dalam mengonsumsi tablet tambah darah. Hal ini terbukti dari perbandingan sebelum dan sesudah penerapan pendekatan tersebut.

Kata kunci: Blanket approach, kepatuhan minum tablet Fe, remaja putri

ABSTRACT

THE EFFECTIVENESS OF THE BLANKET APPROACH TO THE LEVEL OF COMPLIANCE WITH DRINKING BLOOD SUPPLEMENT TABLETS FOR ADOLESCENT WOMEN AT SMPN 1 WARU PAMEKASAN

By: Meilynda Aulia Oktavianti

Introduction: Adolescent girls are susceptible to anemia due to menstruation, which causes blood loss and insufficient iron intake. Their non-compliance in taking blood supplement tablets (TTD) can have serious impacts on health, especially increasing the risk of anemia. **Objective:** This study aims to determine the effectiveness of the blanket approach on the level of compliance with taking blood supplement tablets among young women at SMPN 1 Waru Pamekasan. **Method:** This research was pre-experimental. The population was all SMP 1 Waru female students, as many as 63 people. The sampling technique was proportionate stratified random sampling, with a sample size of 54 people. The measuring tool used a questionnaire with the McNemar analysis test. **Results:** Before the blanket approach was carried out, it had shown that the majority adhered to taking blood supplement tablets (TTD). After carrying out the blanket approach, it showed that almost all of them complied with taking blood supplement tablets (TTD). The blanket approach was effective in the level of compliance with taking blood supplement tablets (TTD) among young women at SMPN 1 Waru, Pamekasan Regency, with a p-value of 0.000 (<0.05). **Conclusion:** The blanket approach is effective in increasing the compliance of adolescent girls At SMPN 1 Waru, Pamekasan is regulated in consuming blood supplement tablets. This is evident from the comparison before and after implementing this approach.

Keywords: Blanket approach, compliance with taking Fe tablets, adolescent girls