

**GAMBARAN PENGETAHUAN TENTANG ANEMIA, KEPATUHAN
MENGONSUMSI TABLET TAMBAH DARAH DAN STATUS GIZI REMAJA
PUTRI DI SMP NEGERI 4 PROBOLINGGO**

ABSTRAK

Latar belakang: Anemia adalah suatu kondisi dimana jumlah hemoglobin dalam darah lebih rendah dari normal. Anak muda merupakan kelompok yang rentan terhadap masalah gizi, salah satunya kekurangan zat besi. Untuk mencegah anemia, di Indonesia terdapat program yang bertujuan untuk meningkatkan status gizi remaja putri, memutus siklus obesitas dan meningkatkan cadangan zat besi tubuh yaitu dengan pemberian tablet besi kepada remaja putri. **Tujuan penelitian:** Untuk mengetahui pengetahuan remaja putri, kepatuhan remaja putri dalam penggunaan tablet besi dan status gizi siswa di SMP Negeri 4 Probolinggo. **Metode penelitian,** Penelitian ini merupakan penelitian deskriptif. Pengumpulan data dengan mengisi kuesioner, dimana informasi tentang anemia dan minum tablet besi ditanyakan, serta diukur tinggi dan berat badannya. Serta jumlah responden 55 siswi dengan menggunakan teknik proporsional sampling. **Hasil penelitian** menunjukkan bahwa proporsi siswa yang mengetahui anemia dengan baik sebanyak (47,3%), tidak memberikan TTD (83,6%) dan proporsi siswa dengan status gizi baik (58,2%). **Kesimpulan** dapat dinyatakan bahwa sebagian besar siswi memiliki pengetahuan yang baik tentang anemia, sebagian besar siswi tidak patuh minum tablet besi, sebagian siswi berstatus gizi baik/normal. **Saran,** mahasiswa tetap disarankan untuk memperbanyak asupan zat besi terutama dengan meminum pil penambah darah, menjaga dan mempertahankan status gizi agar tetap normal. Bagi sekolah disarankan agar lebih memberikan perhatian lebih terhadap siswi karena kejadian anemia berpengaruh banyak terhadap proses belajar dan prestasi.

Kata kunci : Pengetahuan Anemia, Kepatuhan mengonsumsi TTD, Status Gizi

DESCRIPTION OF KNOWLEDGE ABOUT ANEMIA, COMPLIANCE WITH BLOOD SUPPLEMENTED TABLETS AND NUTRITIONAL STATUS OF YOUTH FEMALE AT SMP NEGERI 4 PROBOLINGGO

ABSTRACT

Background: Anemia is a condition in which the amount of hemoglobin in the blood is lower than normal. Young people are a group that is vulnerable to nutritional problems, one of which is iron deficiency. To prevent anemia, there is a program in Indonesia that aims to improve the nutritional status of young women, break the cycle of obesity and increase body iron reserves by giving iron tablets to young women.

Research objectives: To determine the knowledge of young women, adherence of young women in the use of iron tablets and the nutritional status of students at SMP Negeri 4 Probolinggo. **Research method.** This research is a descriptive research. Data collection was done by filling out a questionnaire, where information about anemia and taking iron tablets was asked, and height and weight were measured. As well as the number of respondents 55 female students using proportional sampling technique.

The results showed that the proportion of students who knew about anemia well (47.3%), did not provide iron supplements (83.6%) and the proportion of students with good nutritional status (58.2%). **The conclusion** can be stated that most female students have good knowledge about anemia, most female students do not adhere to taking iron tablets, some female students have good/normal nutritional status. **Suggestions**, students are still advised to increase iron intake, especially by taking blood booster pills, maintaining and maintaining normal nutritional status. It is recommended for schools to pay more attention to female students because the incidence of anemia has a lot to do with the learning process and achievement.

Key words: Knowledge of Anemia, Compliance with taking iron tablets, Nutritional Status