

**GAMBARAN PENGETAHUAN TENTANG ANEMIA DAN
KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA
REMAJA PUTRI KELAS X DI SMAN 1 KRIAN**

ABSTRAK

Latar Belakang : Anemia merupakan kondisi dimana jumlah sel darah merah atau hemoglobin kurang dari normal. **Tujuan Penelitian :** Mengidentifikasi gambaran pengetahuan tentang anemia dan kepatuhan konsumsi tablet tambah darah pada remaja putri kelas X di SMAN 1 Krian. **Metode Penelitian :** Penelitian ini merupakan penelitian deskriptif. Pengumpulan data dengan menggunakan kuesioner. Dengan jumlah responden adalah 74 siswi dengan teknik pengambilan sampel propotional random sampling. **Hasil Penelitian :** Tingkat pengetahuan siswi tentang anemia sebanyak 41 siswi (44,5%) termasuk dalam kategori yang baik, sementara 61 siswi (82,4%) termasuk dalam kategori yang tidak taat dalam mengonsumsi tablet tambahan darah. **Kesimpulan :** Mayoritas sampel mempunyai tingkat pengetahuan yang termasuk dalam kategori baik namun mayoritas responden tidak patuh dalam mengonsumsi tablet penambah darah.

Kata Kunci : Pengetahuan, Anemia, Kepatuhan Konsumsi TTD

**DESCRIPTION OF KNOWLEDGE ABOUT ANEMIA AND
COMPLIANCE WITH ADDED BLOOD TABLET CONSUMPTION IN
ADOLESCENT FEMALE CLASS X AT SMAN 1 KRIAN**

ABSTRACT

Background: Anemia is a condition in which the number of red blood cells or hemoglobin is less than normal. **Research Objectives:** Based on the description of knowledge about anemia and adherence to taking iron tablets in tenth grade female adolescents at SMAN 1 Krian. **Research Methods:** This study was a descriptive study. Data collection using a questionnaire. With a total of 74 female respondents, the sampling technique was proportional random sampling. **Research Results:** The level of knowledge of students about anemia as many as 41 students (44.5%) was included in the good category, while 61 students (82.4%) were included in the category that was disobedient in consuming additional blood tablets. **Conclusion:** The majority of the sample has a level of knowledge that is included in the good category but the majority of respondents are disobedient in consuming blood booster tablets.

Keywords: Knowledge, Anemia, Compliance with Iron Tablets Consumption