

**HUBUNGAN PENGETAHUAN DAN SIKAP TENTANG ANEMIA
DENGAN KEPATUHAN MENGONSUMSI
TABLET TAMBAH DARAH (TTD) PADA REMAJA PUTRI
DI KELAS X SMA NEGERI 13 SURABAYA TAHUN 2023**

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ABSTRAK

Latar Belakang: Peralihan asal fase kanak-kanak ke fase dewasa yang dialui remaja dikenal disertai “tahap remaja”. Anemia ialah faselah gizi yang umum di kalangan remaja putri di Indonesia yang mampu menghambat daya tumbuh dan memiiki konsekuensi jangka panjang. **Tujuan penelitian:** Di SMA Negeri 13 Surabaya tahun 2023 ingin mengetahui bagaimana hubungan pengetahuan dan sikap remaja putri terkait anemia disertai kesediaan mereka guna minum tablet *Fe (zat besi)*. **Metode inkuiri:** Disertai mengaplikasikan sampel yang dipiilih secara purposive sebanyak 68 panelis, penelitian observasional analitik ditindak pada remaja putri di kelas X SMA Negeri 13 Surabaya. Pada Februari 2023, kuesioner *diaplikasikan* guna mengumpulkan data. Analisis deskriptif dan uji Chi-Square analitik *diaplikasikan* guna menganalisis data guna mengetahui hubungan antara variabel dependen dan independen. **Hasil:** Anak perempuan kelas X SMA Negeri 13 Surabaya memiiki pemahaman yang baik terkait anemia, namun masih banyak yang tak mengkonsumsi tablet *Fe (zat besi)*. Uji Chi-Square *diaplikasikan* guna menganalisis data dan ditemukan bahwasanya peserta didik wanita kelas X SMA Negeri 13 Surabaya tak tahu apa-apa terkait anemia dan tak minum tablet penambah darah. **Simpulan:** Sebagian besar remaja putri memiiki sikap dan pengetahuan yang positif terkait anemia, namun sebagian remaja tak mengkonsumsi suplemen zat *Fe (zat besi)*. **Saran:** Menginspirasi remaja putri guna mengkonsumsi suplemen zat *Fe (zat besi)* disertai menyumbangkan informasi yang komprehensif terkait anemia dan motivasi.

Kata Kunci: anemia, remaja putri, tablet tambah darah

**THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE ABOUT
ANEMIA WITH COMPLIANCE TO CONSUME IRON SUPPLEMENT
TABLETS (IST) IN FEMALE ADOLESCENTS OF GRADE X AT STATE
SENIOR HIGH SCHOOL 13 SURABAYA IN 2023**

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ABSTRACT

Background: *There is a transitional period between childhood and adulthood for adolescents. In Indonesia, anemia is a common nutritional issue among female adolescents that can hinder growth and have long-term negative effects. **Goals of the study:** To determine whether female adolescents in State Senior High School 13 Surabaya in 2023 are willing to take iron supplement tablets and are aware of and concerned about anemia. **Methods of Study:** A purposive sample of 68 panelists was used in an analytical observational study on teenage girls in the 10th grade at Surabaya State Senior High School 13. In February 2023, a questionnaire was used for data collection. The Chi-Square test was used to determine the relationship between the dependent and independent variables during the descriptive and analytical data analysis process. **Results:** Female youths in grade X at State Senior Secondary School 13 Surabaya have a decent comprehension of weakness, yet a significant number of them are not consistent in consuming iron enhancement tablets. According to the results of the Chi-Square test of the data, there is no significant correlation between female adolescents in grade X at State Senior High School 13 Surabaya's knowledge of anemia and their compliance with taking iron supplement tablets. **Conclusion:** The majority of female adolescents have positive attitudes and knowledge about anemia, but not all of them take iron supplements on time. **Recommendation:** Inspire young women to take iron supplements by providing comprehensive information about anemia and motivation.*

Keywords: *anemia, female adolescents, iron supplement tablets.*