

GAMBARAN TINGKAT PENGETAHUAN, SIKAP, PERILAKU ASUPAN ZAT BESI REMAJA PUTRI TENTANG ANEMIA DI SMA NEGERI 1 MAOSPATI KABUPATEN MAGETAN

ABSTRAK

Latar Belakang, anemia merupakan masalah yang sering dialami oleh remaja putri dengan gejala 5L (Lemah, Letih, Lesu, Lelah dan Lunglai). Berdasarkan studi pendahuluan 6 dari 10 siswi terkena anemia, namun dengan demikian, hasil studi pendahuluan yang telah dilakukan masih belum dapat menggambarkan kejadian anemia di SMA Negeri 1 Maospati. **Tujuan Penelitian**, Mengetahui gambaran tingkat pengetahuan, sikap, perilaku asupan zat besi remaja putri Tentang Anemia di SMA Negeri 1 Maospati Kabupaten Magetan, **Metode Penelitian**, Penelitian ini menggunakan jenis penelitian deskriptif, pengumpulan data dengan metode wawancara dengan instrumen kuisioner pengetahuan, sikap, perilaku, serta *form food recall* asupan zat besi dan *food picture*. Jumlah sampel sebanyak 68 siswi dengan teknik pengambilan sampel *proporsional random sampling*. **Hasil Penelitian**, Tingkat pengetahuan siswi remaja putri di SMA Negeri 1 Maospati, sebagian besar berada pada kategori cukup sejumlah 29siswi (42,6%), sikap sebagian besar berada pada kategori cukup sejumlah 39siswi (57,4%), perilaku sebagian besar berada pada kategori baik sejumlah 60 siswi (88,2%), dan asupan zat besi siswi remaja putri di SMA Negeri 1 Maospati sebagian besar berada pada kategori defisit berat yaitu sejumlah 50 siswi (73,5%). **Kesimpulan**, tingkat pengetahuan, sikap, perilaku siswi SMA Negeri 1 Maospati sebagian besar berada pada kategori cukup tetapi pada asupan zat besi mereka sebagian besar defisit berat. **Saran**, perlu diadakan penyuluhan mengenai anemia dan konsumsi zat besi pada siswi di SMA Negeri 1 Maospati terutama pada remaja putri dengan materi cara mencegah anemia melalui asupan makanannya (zat besi) serta kegiatan konsumsi Tablet Tambah Darah Bersama-sama

Kata Kunci : Tingkat Pengetahuan, Sikap, Perilaku, Asupan Zat Besi

DESCRIPTION THE LEVEL OF KNOWLEDGE, ATTITUDES, IRON INTAKE BEHAVIOR OF ADOLESCENT GIRLS ABOUT ANEMIA AT SMA NEGERI 1 MAOSPATI MAGETAN REGENCY

ABSTRACT

Background, anemia is a problem that is often experienced by adolescent girls with symptoms of 5L (Weak, Tired, Lethargic, Tired and Weak). Based on preliminary studies, 6 out of 10 female students are affected by anemia, but thus, the results of preliminary studies that have been carried out still cannot describe the incidence of anemia in SMA Negeri 1 Maospati. **Research Objectives**, Knowing the picture of the level of knowledge, attitudes, iron intake behavior of adolescent girls About Anemia in SMA Negeri 1 Maospati Magetan Regency, **Research Methods**, This study uses descriptive research types, data collection by interview method with knowledge questionnaire instruments, attitudes, behavior, as well as *iron intake and food picture food recall forms* . The number of samples was 68 female students with *proportional random sampling technique*. **The results of the study**, the level of knowledge of adolescent female students at SMA Negeri 1 Maospati, most of them were in the sufficient category of 29 female students (42.6%), attitudes were mostly in the sufficient category of 39 female students (57.4%), behavior was mostly in the good category of 60 female students (88.2%), and iron intake of adolescent female students at SMA Negeri 1 Maospati was mostly in the severe deficit category of 50 female students (73.5%). **In conclusion**, the level of knowledge, attitude, behavior of SMA Negeri 1 Maospati students are mostly in the sufficient category but on iron intake they are mostly weight deficit. **Suggestions**, it is necessary to conduct counseling on anemia and iron consumption in female students at SMA Negeri 1 Maospati, especially for adolescent girls with material on how to prevent anemia through food intake (iron) and consumption activities of Blood Add Tablets Together

Keywords: level of knowledge, attitude, behavior, iron intake