

**GAMBARAN ASUPAN ZAT BESI, PROTEIN, KEPATUHAN KONSUMSI  
TABLET TAMBAH DARAH PROGRAM PEMERINTAH DAN POLA  
KONSUMSI *INHIBITOR* ZAT BESI PADA REMAJA PUTRI DI SMA  
NEGERI 1 BARAT KABUPATEN MAGETAN**

**ABSTRAK**

**Latar Belakang :** Anemia merupakan masalah Kesehatan yang serius di masyarakat dan umum terjadi di negara berkembang seperti Indonesia. Upaya pencegahan pemerintah untuk menanggulangi defisiensi zat besi yaitu dengan pemberian Tablet Tambah Darah dan juga memperbaiki pola makan. **Tujuan Penelitian** , Mengidentifikasi asupan konsumsi zat besi protein kepatuhan konsumsi konsumsi tablet tambah darah program pemerintah dan pola konsumsi *inhibitor* zat besi di SMA Negeri 1 Barat Kabupaten Magetan. **Metode Penelitian,** Penelitian ini merupakan penelitian deskriptif. Pengumpulan data dengan wawancara dengan instrument kuisisioner kepatuhan konsumsi tablet tambah darah dan wawancara asupan makan dengan kuesioner SQ-FFQ. Dengan jumlah responden adalah 58 siswa dengan teknik pengambilan sampel propotional random sampling. **Hasil Penelitian,** presentase siswa yang tidak mengkonsumsi TTD (67,2%). tingkat asupan zat besi kurang (62,1%), siswa konsumsi tannin sangat sering (25,9%), konsumsi asam fitat sering (48,3%), tingkat asupan protein defisit berat (79,3%). **Kesimpulan,** Sebesar (67%) siswa tidak patuh dalam mengkonsumsi tablet tambah darah yang diberikan. Sebagian besar siswa memiliki tingkat asupan zat besi kurang dan protein yang defisit berat. Para siswi juga memiliki kategori sering dalam mengkonsumsi tanin dan juga memiliki kategori sering dalam mengkonsumsi asam fitat. **Saran,** Bagi siswa disarankan untuk meningkatkan asupan zat besi dan protein dan juga mengurangi konsumsi makanan maupun minuman yang mengandung tanin dan asam fitat . Bagi sekolah disarankan mengadakan penyuluhan tentang anemia dan gizi seimbang, dan kegiatan suplementasi TTD.

*Kata Kunci : Asupan Zat Besi, Kepatuhan Konsumsi TTD, Inhibitor*

**DESCRIPTION OF IRON, PROTEIN INTAKE, COMPLIANCE WITH  
GOVERNMENT PROGRAM BLOOD SUPPLEMENT TABLETS  
CONSUMPTION AND CONSUMPTION PATTERNS OF IRON  
INHIBITORS IN ADOLESCENT GIRLS AT PUBLIC HIGH SCHOOL 1  
BARAT MAGETAN DISTRICT**

**ABSTRACT**

**Background:** Anemia is a serious health problem in the community and is common in developing countries such as Indonesia. Government prevention efforts to overcome iron deficiency are by giving Blood Addition Tablets and also improving diet. **Research Objective,** Identify the intake of protein iron consumption compliance consumption of government program blood supplement tablets and consumption patterns of iron inhibitors in SMA Negeri 1 Barat Magetan Regency. **Research Methods,** This research is a descriptive study. Data collection by interview with a questionnaire instrument compliance consumption of blood supplement tablets and food intake interview with SQ-FFQ questionnaire. With the number of respondents was 58 students with propotional random sampling technique. Results of the study, the percentage of students who did not consume TTD (67.2%). the level of iron intake was deficient (62.1%), students consumed tannin very often (25.9%), consumption of phytic acid often (48.3%), the level of protein intake was severely deficit (79.3%). **Conclusion,** Most students did not consume the given blood supplement tablets. Most students had iron deficiency and protein intake levels that were severely deficit. The students also had a frequent category in consuming phytic acid and also had a frequent category in consuming phytic acid. **Suggestions,** For students it is advisable to increase iron and protein intake. Schools are advised to hold counseling on anemia and balanced nutrition, and TTD supplementation activities.

*Keywords: Iron Intake, Adherence to TTD Consumption, Inhibitors*