

HUBUNGAN PENGETAHUAN ANEMIA DAN DUKUNGAN GURU DENGAN KEPATUHAN KONSUMSI TABLET Fe PADA REMAJA PUTRI DI SMPN 1 KANOR KABUPATEN BOJONEGORO

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ABSTRAK

Latar Belakang, persentase besarnya kejadian anemia di Indonesia mencapai 32%, upaya pemerintah untuk menurunkan prevalensi anemia melalui program suplementasi tablet Fe bagi remaja putri. Pengetahuan memengaruhi perilaku konsumsi tablet Fe. Dukungan guru merupakan faktor dalam tindakan remaja putri mengonsumsi tablet Fe di sekolah. **Tujuan Penelitian**, mengetahui hubungan antara pengetahuan anemia dan dukungan guru dengan kepatuhan konsumsi tablet Fe pada remaja putri di SMPN 1 Kanor Kabupaten Bojonegoro **Metode Penelitian**, jenis penelitian ini adalah analitik dengan pendekatan *cross sectional*. Pengambilan sampel dilakukan dengan metode *simple random sampling*. Jumlah sampel dalam penelitian ini sebanyak 56 remaja putri di SMPN 1 Kanor Kabupaten Bojonegoro. Instrumen yang digunakan adalah kuesioner pengetahuan anemia, dukungan guru, dan kepatuhan konsumsi tablet Fe. Analisa data yang digunakan adalah uji korelasi *Rank Spearman*. **Hasil Penelitian**, ada hubungan antara pengetahuan anemia dengan kepatuhan konsumsi tablet Fe nilai *p-value* 0,002. Ada hubungan dukungan guru dengan kepatuhan konsumsi tablet Fe didapatkan nilai *p-value* 0,001. **Kesimpulan**, terdapat hubungan antara pengetahuan anemia dengan kepatuhan konsumsi tablet Fe pada remaja putri di SMPN 1 Kanor Kabupaten Bojonegoro, terdapat hubungan antara dukungan guru dengan kepatuhan konsumsi tablet Fe pada remaja putri di SMPN 1 Kanor Kabupaten Bojonegoro. **Saran**, perlu diadakan edukasi terkait pengetahuan anemia dan pentingnya konsumsi tablet Fe serta adanya monitoring terkait konsumsi tablet Fe pada remaja putri.

Kata Kunci : Pengetahuan, Anemia, Dukungan Guru, Kepatuhan, Tablet Fe

CORRELATION OF ANEMIA KNOWLEDGE AND TEACHER SUPPORT WITH IRON SUPPLEMENTATION ADHERENCE AMONG ADOLESCENT GIRLS AT SMPN 1 KANOR BOJONEGORO REGENCY

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ABSTRACT

Background : prevalence of anemia in Indonesia has reached 32%, the government's efforts to reduce the prevalence of anemia through a program providing Fe tablets for young women. Knowledge influences Fe tablet consumption behavior. Teacher support is a factor in adolescent girls' compliance with taking Fe tablets at school. **Objectives** : the purpose of the research is to know the correlation between knowledge of anemia and teacher support with compliance with Fe tablet consumption among young women at SMPN 1 Kanor, Bojonegoro Regency. **Methods** : this research used analytical with a cross sectional design. The population were 123 adolescents girls and a sample of 56 adolescents girls were selected using simple random sampling. Data were collected using questionnaire. Data analysis used the Spearman Rank correlation test. **Results** : this research showed that a correlation between knowledge of anemia with adherence to consuming Fe tablets with a p-value of 0.002. There is a correlation between teacher support with adherence Fe tablet consumption, with a p-value of 0.001. **Conclusion** : a significant correlation between knowledge of anemia with the consumption of Fe tablets, there is a significant correlation between teacher support with adherence Fe tablet consumption among young women at SMPN 1 Kanor, Bojonegoro Regency. **Suggestions** : there needs to be education regarding anemia knowledge and the importance of consuming Fe tablets as well as monitoring regarding the consumption of Fe tablets in young women.

Keywords: Anemia, Knowledge, Teacher Support, Compliance, Iron Tablets