

ABSTRAK

Latar Belakang: Anemia menjadi masalah kesehatan yang banyak ditemukan pada remaja. Dampak anemia bagi remaja putri dapat mempengaruhi pertumbuhan tinggi badan dan berat badan dibawah batas normal. Tablet Fe merupakan salah cara untuk mencegah anemia, akan tetapi tingkat konsumsi Tablet Fe di Indonesia masih rendah. Tujuan penelitian untuk menganalisis faktor-faktor yang berhubungan dengan tidak konsumsi tablet Fe pada remaja putri.

Metode: Jenis penelitian cross sectional, jumlah sampel sebanyak 99 siswi di SMAN 5 Kota Jambi yang dipilih menggunakan teknik proportionate stratified random sampling. Variabel penelitian ialah perilaku tidak konsumsi tablet Fe, pengetahuan, sikap, dukungan orang tua. Pengumpulan data dengan kuesioner Analisis menggunakan Chi-square.

Hasil: Proporsi remaja putri yang tidak mengonsumsi tablet Fe adalah 85,9%, proporsi pengetahuan kurang sebesar 30,3%, sikap negatif sebesar 50,5%, dan dukungan orang tua kurang baik sebesar 38,4%. Terdapat hubungan antara sikap ($p\text{-value} = 0,008$) dengan perilaku konsumsi tablet Fe, tidak ada hubungan dukungan orang tua ($p\text{-value} = 0,088$), Pengetahuan ($p\text{-value} = 1,000$) dengan perilaku konsumsi tablet Fe.

Kesimpulan : Terdapat hubungan antara sikap dengan perilaku tidak konsumsi tablet Fe pada remaja putri di SMAN 5 Kota Jambi. Untuk itu sekolah dapat memberikan edukasi mengenai Tablet fe untuk mencegah terjadinya anemia.

Kata Kunci : Tablet fe, Remaja putri, Anemia

ABSTRACT

Background: Anemia is a health problem that is often found in teenagers. The impact of anemia on young women can affect growth in height and weight below normal limits. Fe tablets are one way to prevent anemia, however, the level of Fe tablet consumption in Indonesia is still low. The aim of the research was to analyze the factors associated with not consuming Fe tablets in young women.

Method: Cross sectional research type, the sample size was 99 female students at SMAN 5 Jambi City who were selected using the proportionate stratified random sampling technique. The research variables are the behavior of not consuming Fe tablets, knowledge, attitudes, and parental support. Data collection using questionnaires. Analysis using Chi-square.

Results: The proportion of young women who did not consume Fe tablets was 85.9%, the proportion of poor knowledge was 30.3%, negative attitudes were 50.5%, and parental support was poor at 38.4%. There is a relationship between attitude ($p\text{-value} = 0.008$) and Fe tablet consumption behavior, there is no relationship between parental support ($p\text{-value} = 0.088$), knowledge ($p\text{-value} = 1.000$) and Fe tablet consumption behavior.

Conclusion: There is a relationship between attitudes and the behavior of not consuming Fe tablets among young women at SMAN 5 Jambi City. For this reason, schools can provide education about fe tablets to prevent anemia.

Keywords: Fe tablets, Adolescent Girls, Anemia