

ABSTRAK

VANESHA FRISI INSANI. Gambaran Efek Samping Minum Tablet Tambah Darah dan Dukungan Guru terhadap Kepatuhan Minum Tablet Tambah Darah pada Remaja Putri di SMPN 3 Kota Pekanbaru. Dibimbing oleh Irma Susan Paramita, S. Gz, M. Kes dan Yessi Marlina, S. Gz, MPH.

Kesadaran remaja putri akan pentingnya minum tablet tambah darah (TTD) merupakan langkah awal untuk pencegahan anemia. Berdasarkan hasil Riskesdas (2018), didapatkan bahwa persentase tingkat konsumsi TTD lengkap 52 butir hanya 1,4%. Tujuan dari penelitian ini adalah untuk mengetahui gambaran efek samping minum TTD dan dukungan guru terhadap kepatuhan minum TTD pada remaja putri di SMPN 3 Pekanbaru. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah siswi SMPN 3 Kota Pekanbaru dengan jumlah sampel sebanyak 60 responden. Pengambilan sampel menggunakan kriteria inklusi dan eksklusi. Kriteria inklusi dalam penelitian ini yaitu responden merupakan siswi yang hadir pada saat pengambilan data, sudah pernah mengkonsumsi TTD program, sudah menstruasi, dan bersedia menjadi responden penelitian. Adapun kriteria eksklusi penelitian ini yaitu responden tidak bisa minum obat dalam bentuk tablet. Pengumpulan data diperoleh dari hasil wawancara menggunakan kuesioner. Hasil penelitian menunjukkan bahwa responden yang merasakan efek samping minum TTD kategori ringan sebanyak 45%, kategori sedang 53,3%, dan kategori berat 1,7%. Persentase dukungan guru kategori kurang sebanyak 53,3% dan kategori baik sebanyak 46,7%. Persentase responden yang tidak patuh dalam mengonsumsi TTD 85% dan responden yang patuh sebanyak 15%. Bagi pihak sekolah, disarankan untuk dapat menetapkan pengawas minum TTD di setiap kelas, memberikan informasi tentang pentingnya TTD, dan mengaktifkan peran guru untuk mengingatkan remaja putri minum TTD.

Kata Kunci : Dukungan guru, efek samping minum TTD, kepatuhan remaja putri minum TTD, remaja

ABSTRACT

VANESHA FRISI INSANI. An Overview of the Side Effects of Taking Iron Tablets and Teacher Support for Iron Tablets Compliance in Young Girls at SMPN 3 Pekanbaru City. Guided by Irma Susan Paramita, S. Gz, M. Kes dan Yessi Marlina, S. Gz, MPH.

Awareness of young women about the importance of taking iron tablets (TTD) is the first step to prevent anemia. Based on the results of Riskesdas (2018), it was found that the percentage of the complete 52-item iron supplement consumption rate was only 1.4%. The purpose of this study was to describe the side effects of taking iron tablets and teacher support for adherence to taking iron tablets in young women at SMPN 3 Pekanbaru. The type of research used is descriptive research with a cross sectional design. The population in this study were female students of SMPN 3 Pekanbaru City with a total sample of 60 respondents. Sampling using inclusion and exclusion criteria. The inclusion criteria in this study were that the respondents were female students who were present at the time of data collection, had taken the iron supplement program, had menstruated, and were willing to be research respondents. The exclusion criteria for this study were that respondents could not take medication in tablet form. Data collection was obtained from interviews using a questionnaire. The results showed that 45% of the respondents who felt the side effects of taking iron tablets in the mild category, 53.3% in the moderate category, and 1.7% in the severe category. The percentage of teacher support in the less category was 53.3% and the good category was 46.7%. The percentage of respondents who were not compliant in consuming iron tablets was 85% and 15% of respondents who were obedient. For schools, it is suggested to be able to set a supervisor for taking iron tablets in each class, provide information about the importance of iron supplements, and activate the teacher's role in reminding young women to drink iron tablets.

Keywords : Teacher support, side effects of taking iron tablets, adherence of young women taking iron tablets, teenager