## ABSTRAK

WIDYA GUSTIA SARI. Gambaran Pengetahuan Anemia Dan Sikap Remaja Putri Terhadap Konsumsi Terhadap Konsumsi Tablet Tambah Darah Di SMPN 20 Pekanbaru. Dibimbing oleh Fitri, SP, MKM dan Roziana, SST, M.Gizi.

Anemia merupakan penyakit kekurangan sel darah merah. Apabila jumlah sel darah merah berkurang, asupan oksigen dan aliran darah menuju otak juga semakin berkurang yang menyebabkan seseorang dapat merasakan pusing, lemah, letih, lesu bahka pingsan. Untuk wanita, anemia biasanya di defenisiksan sebagai kadar hemoglobin kurang dari 12 gr/dl. Hasil penelitian sebelumnya membuktikan bahwa hanya 2.67% siswi yang mengonsumsi tablet tambah darah. Penelitian ini dilaksanakan pada bulan Januari-Mei 2023. Jenis penelitian ini adalah penelitian deskriptif dengan menggunakan rancangan penelitian Cross Sectional. Tujuan penelitian ini mengetahui gambaran pengetahuan anemia dan sikap remaja putri terhadap konsumsi tablet tambah darah (TTD) di SMPN 20 Pekanbaru. Jumlah sampel yang harus diambil pada penelitian ini menggunakan rumus *Lemeshow* yaitu sebanyak 67 responden. Hasil penelitian didapatkan bahwa pengetahuan kurang sebanyak 20.9%. Sikap negatif sebanyak 31,3%. Siswi yang mengonsumsi tablet tambah darah dengan kategori tidak patuh sebanyak 56.7%. Kepada pihak sekolah perlu adanya kebijakan untuk menyediakan waktu mengonsumsi tablet tambah darah secara bersama sebagai upaya meningkatkan kepatuhan siswi dalam mengonsumsi tablet tambah darah.

**Kata Kunci : Pengetahuan, Sikap, Konsumsi Tablet Tambah Darah**

## *ABSTRACT*

WIDYA GUSTIA SARI. An overview of knowledge of anemia and attitudes of young women towards consumption of blood supplement tablets at SMPN 20 Pekanbaru). Supervised by Fitri, SP, MKM and Roziana, SST, M. Gizi.

Anemia is a disease of deficiency of red blood cells. If the number of red blood cells decreases, oxygen intake and blood flow to the brain also decreases which causes a person to feel dizzy, weak, tired, lethargic and even faint. For women, anemia is usually defined as a hemoglobin level of less than 12 g/dl. The results of previous studies proved that only 2.67% of female students consumed iron tablets. This research was conducted in January-May 2023. This type of research is descriptive research using a cross sectional research design. The purpose of this study was to describe the knowledge of anemia and the attitudes of young women towards consuming blood-supplementing tablets (TTD) at SMPN 20 Pekanbaru. The number of samples that must be taken in this study using the Lemeshow formula is as many as 67 respondents. The results of the study found that knowledge was lacking as much as 20.9%. Negative attitude as much as 31.3%. There were 56.7% of female students who consumed iron tablets in the non-adherent category. The school needs a policy to provide time to take iron tablets together as an effort to increase student compliance in taking iron tablets.

**Keywords : Knowledge, Attitude, Consumption of Blood Supplement Tablets**