

ABSTRAK

HAFIDZAH HAURA FITRI. Gambaran Pengetahuan Tentang Anemia Dan Sikap Terhadap Konsumsi Tablet Tambah Darah Siswi Kelas X SMA Negeri 2 Kota Pekanbaru. Dibimbing oleh Dewi Rahayu, SP, M.Si dan Dewi Erowati, S.Gz., MPH.

Prevalensi anemia di Provinsi Riau pada 2019 yaitu 25,1% dan 19,4% berada pada usia 15-24 tahun. Angka kejadian anemia pada perempuan 18,1% dan laki-laki 7%. Masalah anemia pada remaja putri disebabkan oleh kurangnya pengetahuan, sikap dan keterampilan remaja akibat kurangnya penyampaian informasi, kurang kepedulian orang tua, masyarakat dan pemerintah terhadap kesehatan remaja serta belum optimalnya pelayanan kesehatan remaja. Tujuan penelitian ini mengetahui gambaran pengetahuan tentang anemia dan sikap terhadap konsumsi Tablet Tambah Darah di SMA Negeri 2 Kota Pekanbaru. Jenis penelitian ini adalah penelitian deskriptif dengan menggunakan rancangan penelitian *Cross Sectional*. Teknik pengambilan sampel yaitu *stratified random sampling*. Jumlah sampel yang harus diambil pada penelitian ini menggunakan rumus Slovin yaitu sebanyak 37 responden. Analisis data dilakukan secara deskriptif. Dari hasil penelitian ditemukan bahwa rata-rata persentase terbesar kategori baik dan setuju. Hasil penelitian didapatkan bahwa pengetahuan baik sebanyak 67,6%. Sikap setuju sebanyak 81,8%.

Kata kunci : pengetahuan, sikap, anemia

ABSTRACT

HAFIDZAH HAURA FITRI. Description of Knowledge about Anemia and Attitudes towards Consuming Blood Supplement Tablets for Class X Female Students at SMA Negeri 2 Pekanbaru City. Supervised by Dewi Rahayu, SP, M.Si and Dewi Erowati, S.Gz., MPH.

The prevalence of anemia in Riau Province in 2019 was 25.1% and 19.4% were aged 15-24 years. The incidence of anemia in women is 18.1% and in men 7%. The problem of anemia in adolescent girls is caused by a lack of knowledge, attitudes and skills of adolescents due to lack of information delivery, lack of concern from parents, society and government regarding adolescent health and inadequate adolescent health services. The aim of this research is to determine the description of knowledge about anemia and attitudes towards consuming blood supplement tablets at SMA Negeri 2 Pekanbaru City. This type of research is descriptive research using a cross sectional research design. The sampling technique is stratified random sampling. The number of samples that must be taken in this research using the Slovin formula is 37 respondents. Data analysis was carried out descriptively. From the research results it was found that on average the largest percentage was in the good and agree categories. The research results showed that good knowledge was 67.6%. The attitude of agreement was 81.8%.

Keywords: knowledge, attitudes, anemia