

ABSTRAK

ADZRA AMALIA RISQI. Pengaruh Konsumsi Tablet Tambah Darah Terhadap Kadar Hb Remaja Putri Anemia Kelas X Wilayah Kerja Puskesmas Simpang Kanan (Data Sekunder CKG Sekolah Puskesmas Simpang Kanan). Dibimbing oleh Dewy Rahayu dan Yessi Marlina.

Anemia merupakan salah satu masalah kesehatan yang masih banyak dialami oleh remaja putri di Indonesia. Kondisi ini umumnya disebabkan oleh meningkatnya kebutuhan zat besi selama masa pertumbuhan dan kehilangan darah saat menstruasi. Salah satu upaya pemerintah dalam menanggulangi anemia pada remaja putri adalah melalui program pemberian Tablet Tambah Darah (TTD). Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi Tablet Tambah Darah (TTD) terhadap kadar hemoglobin (Hb) pada remaja putri anemia di wilayah kerja Puskesmas Simpang Kanan. Penelitian menggunakan desain pre-eksperimental dengan pendekatan one group pretest-posttest. Data yang digunakan merupakan data sekunder hasil Program Cek Kesehatan Gratis (CKG) Sekolah di MAS Al-Falah Kecamatan Simpang Kanan. Sampel penelitian berjumlah 55 remaja putri kelas X yang mengalami anemia (Hb <12 g/dL) dan dipilih menggunakan teknik purposive sampling. Analisis data dilakukan secara univariat dan bivariat. Uji normalitas menggunakan Kolmogorov-Smirnov menunjukkan data berdistribusi normal ($p=0,200$), sehingga analisis dilanjutkan menggunakan uji Paired Sample t-test. Hasil penelitian menunjukkan rata-rata kadar hemoglobin meningkat dari 10,807 g/dL sebelum pemberian TTD menjadi 11,896 g/dL setelah pemberian TTD dengan peningkatan rata-rata sebesar 1,089 g/dL. Hasil uji statistik menunjukkan terdapat perbedaan yang signifikan antara kadar hemoglobin sebelum dan sesudah pemberian TTD ($p<0,001$). Meskipun demikian, rata-rata kadar hemoglobin setelah intervensi masih berada sedikit di bawah batas normal, yang diduga dipengaruhi oleh kepatuhan konsumsi TTD, pola makan, asupan zat besi, serta faktor fisiologis seperti menstruasi. Penelitian ini menyimpulkan bahwa konsumsi Tablet Tambah Darah (TTD) berpengaruh signifikan terhadap peningkatan kadar hemoglobin pada remaja putri anemia di wilayah kerja Puskesmas Simpang Kanan.

Kata kunci: anemia, hemoglobin, remaja putri, tablet tambah darah.

ABSTRACT

ADZRA AMALIA RISQI. The Effect of Iron Supplement Tablet Consumption on Hemoglobin Levels of Anemic Female Adolescents in Grade X at the Working Area of Puskesmas Simpang Kanan (Secondary Data from School Free Health Check Program at Puskesmas Simpang Kanan). Supervised by Dewi Rahayu and Yessi Marlina.

Anemia remains one of the most common health problems among adolescent girls in Indonesia. This condition is primarily caused by increased iron requirements during adolescence and blood loss during menstruation. One of the government's strategies to prevent and control anemia is the implementation of the Iron Supplementation Tablet (IST) program. This study aimed to determine the effect of Iron Supplementation Tablet (IST) consumption on hemoglobin (Hb) levels among anemic adolescent girls in the working area of Simpang Kanan Public Health Center. This study employed a pre-experimental design with a one-group pretest-posttest approach. Secondary data were obtained from the School Free Health Check-up Program conducted at MAS Al-Falah, Simpang Kanan District. The study involved 55 tenth-grade adolescent girls with anemia (Hb <12 g/dL), selected using purposive sampling. Data were analyzed using univariate and bivariate analyses. The Kolmogorov-Smirnov normality test indicated that the data were normally distributed ($p=0.200$); therefore, the Paired Sample t-test was applied. The results showed that the mean hemoglobin level increased from 10.807 g/dL before iron supplementation to 11.896 g/dL after supplementation, with an average increase of 1.089 g/dL. Statistical analysis revealed a significant difference in hemoglobin levels before and after iron supplementation ($p<0.001$). However, the mean post-intervention hemoglobin level remained slightly below the normal threshold, which may have been influenced by adherence to iron tablet consumption, dietary iron intake, nutritional status, and physiological factors such as menstruation. In conclusion, the consumption of Iron Supplementation Tablets had a significant effect on improving hemoglobin levels among anemic adolescent girls in the working area of Simpang Kanan Public Health Center.

Keywords: anemia, hemoglobin, adolescent girls, iron supplement tablets