

ABSTRAK

”Hubungan Kepatuhan Minum Fe Terhadap Kadar Hemoglobin (Hb) Pada Remaja Di Mts Assalam Kecamatan Peundeuy”

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Anemia pada remaja putri masih menjadi masalah kesehatan yang dapat berdampak terhadap pertumbuhan, perkembangan, dan kesehatan reproduksi. Salah satu upaya pencegahannya adalah pemberian tablet tambah darah (Fe), namun kepatuhan mengonsumsi tablet Fe masih rendah. Penelitian ini bertujuan untuk menganalisis hubungan antara kepatuhan minum tablet Fe dengan kadar hemoglobin (Hb) pada remaja di MTs Assalam Kecamatan Peundeuy. Penelitian menggunakan desain cross sectional. Populasi penelitian berjumlah 45 siswi, sedangkan sampel sebanyak 9 siswi yang memiliki kadar hemoglobin rendah berdasarkan hasil skrining awal dan memenuhi kriteria penelitian. Teknik pengambilan sampel menggunakan purposive sampling. Data kepatuhan diperoleh menggunakan kuesioner, sedangkan kadar hemoglobin diukur menggunakan alat Hb digital. Analisis bivariat menggunakan uji Mann–Whitney dengan tingkat kemaknaan 95% ($\alpha = 0,05$). Hasil penelitian menunjukkan bahwa sebagian besar responden tidak patuh mengonsumsi tablet Fe, yaitu sebanyak 7 orang (77,8%), sedangkan responden yang patuh sebanyak 2 orang (22,2%). Rata-rata kadar hemoglobin pada kelompok patuh sebesar 12,35 g/dL, sedangkan pada kelompok tidak patuh sebesar 11,23 g/dL. Hasil uji Mann–Whitney menunjukkan nilai $p = 0,018$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara kepatuhan minum tablet Fe dengan kadar hemoglobin pada remaja di MTs Assalam Kecamatan Peundeuy. Penelitian ini menyimpulkan bahwa kepatuhan minum tablet Fe berhubungan dengan kadar hemoglobin pada remaja.

Kata kunci: anemia, hemoglobin, kepatuhan, remaja, tablet Fe

ABSTRACT

“The Relationship Between Compliance with Iron (Fe) Tablet Consumption and Hemoglobin (Hb) Levels Among Adolescents at MTs Assalam, Peundeuy District”

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Anemia among adolescent girls remains a public health problem that can negatively affect growth, development, and reproductive health. One of the preventive strategies is iron (Fe) tablet supplementation; however, adherence to iron tablet consumption is still low. This study aimed to analyze the relationship between adherence to iron tablet consumption and hemoglobin (Hb) levels among adolescent girls at MTs Assalam, Peundeuy District. This study employed a cross-sectional design. The study population consisted of 45 female students, while the sample included 9 students with low hemoglobin levels identified through initial screening who met the inclusion criteria. A purposive sampling technique was used. Adherence data were collected using a questionnaire, whereas hemoglobin levels were measured using a digital hemoglobin meter. Bivariate analysis was performed using the Mann–Whitney test with a significance level of 95% ($\alpha = 0.05$). The results showed that most respondents were non-adherent to iron tablet consumption (77.8%), while only 22.2% were adherent. The mean hemoglobin level was 12.35 g/dL in the adherent group and 11.23 g/dL in the non-adherent group. The Mann–Whitney test showed a p-value of 0.018 ($p < 0.05$), indicating a significant relationship between adherence to iron tablet consumption and hemoglobin levels among adolescent girls at MTs Assalam, Peundeuy District. This study concludes that adherence to iron tablet consumption is associated with hemoglobin levels among adolescent girls.

Keywords: anemia, hemoglobin, compliance, adolescents, iron tablets