

ABSTRAK

Hubungan Kepatuhan Konsumsi Tablet Tambah Darah dengan Kejadian Anemia pada Remaja Putri di MTs Mathlaul Huda Kecamatan Jatiwaras Kabupaten Tasikmalaya Tahun 2026

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Anemia pada remaja putri merupakan masalah kesehatan masyarakat serius di Indonesia. Kecamatan Jatiwaras, Kabupaten Tasikmalaya tercatat sebagai wilayah dengan prevalensi anemia remaja putri tertinggi di kabupaten. Penelitian ini bertujuan mengetahui hubungan kepatuhan konsumsi TTD dengan kejadian anemia pada remaja putri di MTs Mathlaul Huda Kecamatan Jatiwaras Tahun 2026. Penelitian kuantitatif analitik dengan desain *cross-sectional*. Populasi adalah seluruh siswi remaja putri MTs Mathlaul Huda ($n = 50$) yang diambil menggunakan teknik total sampling. Kepatuhan TTD diukur menggunakan kuesioner terstruktur 10 item berskala Guttman (Cronbach's Alpha = 0,923) dengan *cut-off* patuh apabila mengonsumsi $\geq 80\%$ dosis (≥ 3 dari 4 tablet per bulan) berdasarkan Silitonga et al. (2023) dan Kemenkes RI (2022). Kadar hemoglobin diukur menggunakan hemoglobinometer digital dengan *cut-off* anemia Hb $< 12,0$ g/dL berdasarkan WHO (2024). Analisis data menggunakan uji Pearson Chi-Square ($\alpha = 0,05$). Hasilnya, sebanyak 28 siswi (56,0%) tidak patuh dan 22 siswi (44,0%) patuh mengonsumsi TTD. Sebanyak 24 siswi (48,0%) mengalami anemia dengan rata-rata Hb 11,706 g/dL (SD = 1,5540, rentang 8,0-14,2 g/dL). Proporsi anemia pada kelompok tidak patuh (60,7%) lebih tinggi dibandingkan kelompok patuh (31,8%). Uji Chi-Square menunjukkan nilai $p = 0,042$ ($p < 0,05$). Sehingga kesimpulannya terdapat hubungan yang bermakna secara statistik antara kepatuhan konsumsi TTD dengan kejadian anemia pada remaja putri di MTs Mathlaul Huda Kecamatan Jatiwaras Kabupaten Tasikmalaya Tahun 2026 ($p = 0,042$). Diperlukan intervensi peningkatan kepatuhan yang lebih komprehensif melampaui sekadar distribusi TTD.

Kata Kunci: anemia, Jatiwaras, kepatuhan TTD, madrasah tsanawiyah, remaja putri

ABSTRACT

The Relationship between Compliance with Iron Supplementation Consumption and the Incidence of Anaemia among Adolescent Girls at MTs Mathlaul Huda, Jatiwaras District, Tasikmalaya Regency, 2026

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Anaemia among adolescent girls is a serious public health problem in Indonesia. Jatiwaras District, Tasikmalaya Regency, is recorded as having the highest prevalence of anaemia among adolescent girls in the regency. This study aimed to determine the relationship between iron supplementation (TTD) compliance and anaemia incidence among adolescent girls at MTs Mathlaul Huda, Jatiwaras District, 2026. A quantitative analytic study with a cross-sectional design was employed. The population comprised all female students at MTs Mathlaul Huda (n = 50), selected using a total sampling technique. TTD compliance was measured using a structured 10-item Guttman-scaled questionnaire (Cronbach's Alpha = 0.923), with a compliance cut-off defined as consuming $\geq 80\%$ of the prescribed dose (≥ 3 out of 4 tablets per month) based on Silitonga et al. (2023) and the Indonesian Ministry of Health (2022). Hemoglobin levels were measured using a digital hemoglobinometer, with an anemia cut-off of Hb < 12.0 g/dL based on WHO (2024). Data were analyzed using the Pearson Chi-Square test ($\alpha = 0.05$). Results showed that 28 students (56.0%) were non-compliant and 22 students (44.0%) were compliant with TTD consumption. A total of 24 students (48.0%) were diagnosed with anemia, with a mean Hb of 11.706 g/dL (SD = 1.5540, range 8.0–14.2 g/dL). The proportion of anemia in the non-compliant group (60.7%) was higher than in the compliant group (31.8%). The Chi-Square test yielded $p = 0.042$ ($p < 0.05$). There is a statistically significant relationship between TTD compliance and anaemia incidence ($p = 0.042$). Comprehensive compliance-enhancement interventions are warranted.

Keywords: *adolescent girls, anaemia, iron supplementation compliance, Jatiwaras, madrasah tsanawiyah*