

Faktor-Faktor yang Berhubungan dengan Konsumsi Tablet Tambah Darah pada Mahasiswi Rumpun Ilmu Kesehatan di Universitas Indonesia Tahun 2022 = Factors Related to Iron Tablets Consumption Among Female Students at the Health Sciences Cluster of University of Indonesia in 2022

Nadia Rana Nabila, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20526385&lokasi=lokal>

Abstrak

Suplementasi Tablet Tambah Darah (TTD) sebanyak minimal satu kali per minggu merupakan suatu bentuk usaha pemerintah dalam penanggulangan anemia pada remaja putri. Meski demikian, konsumsi TTD pada remaja putri masih rendah. Terlebih pada kalangan mahasiswi karena mereka tidak lagi menerima TTD program seperti saat di bangku sekolah. Penelitian ini membahas faktor-faktor yang berhubungan dengan konsumsi TTD pada mahasiswi di Rumpun Ilmu Kesehatan UI tahun 2022. Penelitian ini adalah penelitian kuantitatif dengan desain potong-lintang yang melibatkan 115 mahasiswi berusia 18-19 tahun yang aktif berkuliah pada tahun ajaran 2021/2022. Mahasiswi yang sedang hamil dan/atau tidak dapat mengonsumsi TTD karena kondisi kesehatan dikeluarkan dari penelitian. Responden dipilih melalui sampel acak sederhana. Hubungan antara sikap, pengetahuan, perceived threat, perceived benefit, perceived barrier, self-efficacy, dukungan keluarga, dukungan sebaya, dan pekerjaan orang tua dianalisis menggunakan analisis bivariat dan multivariat. Penelitian ini menemukan adanya hubungan yang signifikan antara perceived benefit (P-value=0,01; OR=2,72) dan dukungan keluarga (P-value=0,00; OR=4,19) dengan konsumsi TTD pada mahasiswi. Dukungan keluarga ditemukan paling berhubungan dengan konsumsi TTD pada mahasiswi RIK (P-value=0,00; OR=4,01). Hasil penelitian menyarankan perlu dilaksanakannya sosialisasi TTD kepada orang tua, pembentukan kelompok sebaya untuk saling mengingatkan konsumsi TTD, dan sosialisasi TTD kepada mahasiswi melalui organisasi mahasiswa di kampus.

.....Supplementation of iron tablets (TTD) at least once per week is a form of government effort in overcoming anemia among adolescent girls in Indonesia. However, iron tablets consumption in adolescent girls is still low. Especially among female college students because they no longer receive the TTD program like when they were in high school. This study discusses the factors related to TTD consumption among female students at the University of Indonesia Health Sciences Cluster in 2022. This study is a quantitative study with a cross-sectional design involving 115 female students aged 18-19 years who are actively studying in the 2021/2022 academic year. Students who are pregnant and/or cannot consume TTD because of their health condition are excluded from the study. Respondents were chosen through simple random sampling. Relation between attitude, knowledge, perceived threat, perceived benefit, perceived barrier, self-efficacy, family support, peer support, parent's occupation and TTD consumption were analyzed using bivariate and multivariate analysis. This study found that perceived benefit (P-value=0,01; OR=2,72) and family support (P-value=0,00; OR=4,19) were significantly related to TTD consumption in female students. Family support was found to be most associated with iron tablets consumption (P-value=0,00; OR=4,01). Study result suggests that it is necessary to socialize TTD to parents, form peer groups to remind each other to consume iron tablets, and socialize TTD to female students through student organizations in campus.