

Perilaku Konsumsi Tablet Tambah Darah pada Remaja Putri SMA “X” dan SMA “Y” di Kecamatan Sukmajaya Kota Depok Tahun 2024 = Iron Supplement Tablets Consumption Among Adolescent Girls at SMA X and SMA Y in Sukmajaya District Depok City 2024

Erika, author

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Abstrak

Anemia merupakan masalah kesehatan yang sering dialami oleh remaja putri. Data Riskesdas menunjukkan peningkatan kasus anemia pada remaja putri dari 26,40% pada 2013, menjadi 32% pada tahun 2018. Meskipun Kementerian Kesehatan telah mengupayakan penurunan angka anemia pada remaja putri dengan pemberian Tablet Tambah Darah (TTD), tetapi Riskesdas 2018 menunjukkan hanya 2,13% remaja putri yang rutin konsumsi TTD. Penelitian ini bertujuan untuk mengetahui gambaran mendalam mengenai persepsi remaja putri di SMA X dan SMA Y terhadap perilaku konsumsi TTD melalui pendekatan kualitatif. Pengumpulan data dilakukan pada siswi kelas 10, kepala sekolah, kesiswaan, orang tua siswi, serta penanggung jawab program pemberian TTD di Puskesmas Sukmajaya. Hasil penelitian menunjukkan kepatuhan siswi di SMA X dan SMA Y dalam konsumsi TTD masih rendah. Sebagian besar siswi di SMA X memiliki persepsi kerentanan rendah dan persepsi keseriusan tinggi, sementara di SMA Y sebaliknya. Seluruh siswi merasa TTD bermanfaat untuk menambah zat besi pada tubuh, namun sebagian besar belum pernah merasakan manfaatnya secara langsung. Persepsi hambatan yang dialami siswi cukup bervariasi, tetapi tidak semuanya menghalangi intensi konsumsi TTD. Ditemukan cues to action eksternal seperti dukungan orang tua, guru, dan teman, serta cues to action yang banyak akan cenderung lebih mempengaruhi perilaku konsumsi TTD. Direkomendasikan bagi pihak sekolah untuk mengimplementasikan atau memperkuat kegiatan konsumsi TTD bersama, serta meningkatkan edukasi internal terkait anemia. Puskesmas juga diharapkan dapat mendorong sekolah untuk mengadakan atau memperkuat kegiatan konsumsi TTD serta rutin memantau pelaksanaannya.

.....Anemia is a common health issue among adolescent girls. Data from Riskesdas shows an increase in anemia cases among adolescent girls from 26.40% in 2013 to 32% in 2018. Despite efforts by the Ministry of Health to reduce anemia rates among adolescent girls through the provision of iron supplement tablets, Riskesdas 2018 indicates that only 2.13% of adolescent girls consistently consume iron supplement tablets. This study aims to provide an in-depth understanding of the perceptions of adolescent girls at SMA X and SMA Y regarding iron supplement tablets consumption through a qualitative approach. Data collection was conducted with 10th-grade students, school principals, student affairs staff, parents, and the person in charge of the iron supplement tablets program at the Sukmajaya Health Center. The results show that adherence to iron supplement tablets consumption among students at SMA X and SMA Y is still low. Most students at SMA X have a low perceived susceptibility and a high perceived seriousness, while at SMA Y, it is the opposite. All students understand the benefits of iron supplement tablets for increasing iron levels in the body, but most have not experienced these benefits directly. The perceived barriers to iron supplement tablets consumption vary, but not all of them hinder the intention to consume iron supplement tablets . External cues to action, such as support from parents, teachers, and friends, as well as a higher number of cues, tend to have a greater influence on iron supplement tablets consumption. It is recommended that

schools implement or strengthen collective iron supplement tablets consumption activities and improve internal education on anemia. Sukmajaya Health Centers are also expected to encourage schools to conduct or reinforce collective iron supplement tablets consumption programs and regularly monitor their implementation.