

ABSTRAK

HUBUNGAN PENGETAHUAN DENGAN KEPATUHAN KONSUMSI TABLET FE PADA REMAJA PUTRI KELAS X DI MAN 1 MOJOKERTO

OLEH:

FATIKHA APRILLIA

Remaja putri merupakan kelompok yang rentan mengalami kekurangan zat besi akibat meningkatnya kebutuhan nutrisi selama masa pertumbuhan dan kehilangan darah saat menstruasi. Konsumsi tablet Fe secara rutin diperlukan untuk membantu memenuhi kebutuhan zat besi tubuh. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dengan kepatuhan konsumsi tablet Fe pada remaja putri kelas X di MAN 1 Mojokerto. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 298 siswa kelas X, teknik pengambilan sampel menggunakan *proportional random sampling* sehingga didapatkan sampel sebanyak 171 responden. Instrumen penelitian menggunakan kuesioner pengetahuan sebanyak 25 item dan kuesioner kepatuhan MMAS-8 (*Morisky Medication Adherence Scale*). Analisis data menggunakan uji korelasi Spearman Rank (ρ). Hasil penelitian menunjukkan bahwa hampir seluruhnya remaja putri memiliki pengetahuan baik (90%) namun sebagian besar memiliki kepatuhan rendah (56,7%). Hasil uji statistik menunjukkan nilai $p = 0,078$ ($>0,05$) sehingga tidak terdapat hubungan yang signifikan antara pengetahuan dengan kepatuhan konsumsi tablet Fe pada remaja putri kelas X. Disimpulkan bahwa pengetahuan yang baik belum tentu diikuti kepatuhan konsumsi tablet Fe. Oleh karena itu, diperlukan edukasi kesehatan secara rutin, pemantauan konsumsi tablet Fe di sekolah, serta dukungan keluarga untuk meningkatkan kepatuhan remaja putri.

Kata Kunci: Pengetahuan, Kepatuhan, Tablet Fe, Remaja Putri

ABSTRACT

THE RELATIONSHIP BETWEEN KNOWLEDGE AND COMPLIANCE WITH Fe TABLET CONSUMPTION AMONG TENTH-GRADE FEMALE STUDENTS AT MAN 1 MOJOKERTO

By:

Fatikha Aprillia

ABSTRACT

Adolescent girls are a group at high risk of iron deficiency due to increased nutritional requirements during growth and blood loss during menstruation. Regular consumption of iron (Fe) tablets is necessary to help meet the body's iron requirements. This study aimed to determine the relationship between knowledge and adherence to iron (Fe) tablet consumption among tenth-grade female students at MAN 1 Mojokerto. This study employed a correlational analytic design with a cross-sectional approach. The study population consisted of 298 tenth-grade female students. The sample was selected using proportional random sampling, resulting in 171 respondents. Data were collected using a 25-item knowledge questionnaire and the Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire. Data were analyzed using the Spearman Rank correlation test. The results showed that the majority of respondents had good knowledge (90%), while more than half had low adherence to iron (Fe) tablet consumption (56.7%). The statistical analysis revealed a p-value of 0.078 (>0.05), indicating that there was no significant relationship between knowledge and adherence to iron (Fe) tablet consumption among tenth-grade female students. In conclusion, good knowledge does not necessarily lead to good adherence to iron (Fe) tablet consumption. Therefore, regular health education, routine monitoring of iron (Fe) tablet consumption at school, and family support are needed to improve adherence among adolescent girls.

Keywords: Knowledge, Compliance, Fe Tablets, Female Adolescents