

HUBUNGAN PENGETAHUAN ANEMIA, ASUPAN VITAMIN C DAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMAN 2 TAMBUN UTARA

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ABSTRAK

Pendahuluan : Anemia merupakan kondisi di mana tubuh memiliki kadar hemoglobin (Hb) dalam darah yang lebih rendah dari jumlah normal. Berdasarkan data prevalensi anemia pada remaja putri di Provinsi Jawa Barat sebesar 41,5%. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan antara pengetahuan anemia, asupan vitamin C dan kepatuhan konsumsi tablet tambah darah dengan kejadian anemia pada remaja putri di SMAN 2 Tambun Utara.

Metode : Desain penelitian yang digunakan yaitu *Cross-sectional* dan pengambilan responden dengan *Consecutive Sampling* Sebanyak 66 responden. Data diperoleh dengan kuesioner, Formulir *Recall 24 Hours*, dan *EasyTouch GCHb*. Analisis data menggunakan uji *Fisher's Exact*.

Hasil : Hasil Uji statistik menunjukkan bahwa adanya hubungan antara pengetahuan anemia dengan kejadian anemia pada remaja putri ($p\text{-value} < 0,05$), adanya hubungan antara asupan vitamin C dengan kejadian anemia pada remaja putri ($p\text{-value} < 0,05$) dan tidak adanya hubungan antara kepatuhan konsumsi tablet tambah darah dengan kejadian anemia pada remaja putri ($p\text{-value} > 0,05$).

Kesimpulan : yang didapatkan yaitu adanya hubungan antara pengetahuan anemia dan asupan vitamin c dengan kejadian anemia pada remaja putri, dan tidak adanya hubungan antara kepatuhan konsumsi tablet tambah darah dengan kejadian anemia pada remaja putri di SMAN 2 Tambun Utara.

Kata Kunci : Asupan Vitamin C, Kepatuhan Konsumsi Tablet Tambah Darah, Pengetahuan Anemia, Remaja.

**THE RELATIONSHIP BETWEEN ANEMIA KNOWLEDGE, VITAMIN C INTAKE,
AND COMPLIANCE WITH ADDED BLOOD TABLET CONSUMPTION WITH THE
INCIDENCE OF ANEMIA IN ADOLESCENT WOMEN AT SMAN 2 TAMBUN
UTARA**

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ABSTRACT

Anemia is a condition in which the body has a lower than normal amount of hemoglobin (Hb). Based on data on the prevalence of anemia in young women in West Java Province of 41.5%. This study was conducted with the aim of knowing the relationship between knowledge of anemia, intake of vitamin C and compliance with blood supplement tablet consumption with the incidence of anemia in adolescent girls at SMAN 2 Tambun Utara. The research design used was Cross-Sectional and respondents was taken using consecutive sampling as many as 66 respondents. Data were obtained by questionnaire, Form Recall 24 Hours, and EasyTouch GCHb. Data analysis used the Fisher's Exact test. Statistical test results showed that there was a relationship between knowledge of anemia and the incidence of anemia in young women ($p\text{-value} < 0.05$), there was a relationship between vitamin C intake and the incidence of anemia in young women ($p\text{-value} < 0.05$) and there was no relationship between compliance with blood supplement tablet consumption with the incidence of anemia in adolescent girls ($p\text{-value} > 0.05$). The conclusion obtained is that there is a relationship between knowledge of anemia and vitamin C intake with the incidence of anemia in adolescent girls, and there is no relationship between compliance with blood supplement tablet consumption and the incidence of anemia in adolescent girls at SMAN 2 Tambun Utara.

Keywords: Adolescents, Compliance with Blood Supplement Tablet Consumption, Intake of Vitamin C, Knowledge of Anemia.