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2025**

**ABSTRAK**

**AMELIA ADINDA PUTRI**

**HUBUNGAN POLA MAKAN DAN KEPATUHAN MINUM TABLET FE  
DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI KELAS X SMAN  
5 TASIKMALAYA**

Anemia merupakan salah satu masalah kesehatan yang sering dialami oleh remaja putri, terutama akibat pola makan yang kurang seimbang dan kepatuhan dalam mengonsumsi Tablet Fe. Berdasarkan data Riskesdas tahun 2018, prevalensi anemia pada remaja di Indonesia mencapai 32%, dengan Jawa Barat sebesar 41,5%, dan di Kota Tasikmalaya pada tahun 2024 mencapai 44,21%. Khususnya di SMAN 5 Tasikmalaya, kasus anemia remaja putri tercatat paling tinggi yaitu 67%. Penelitian ini bertujuan untuk mengetahui hubungan pola makan dan kepatuhan minum Tablet Fe dengan kejadian anemia pada remaja putri kelas X SMAN 5 Tasikmalaya. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan cross-sectional, melibatkan 150 responden yang dipilih secara simple random sampling. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji Chi-Square. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara pola makan dengan kejadian anemia ( $p = 0,000$ ) dan kepatuhan minum Tablet Fe dengan kejadian anemia ( $p = 0,001$ ). Kesimpulannya, pola makan dan kepatuhan konsumsi Tablet Fe berhubungan secara signifikan dengan kejadian anemia pada remaja putri kelas X SMAN 5 Tasikmalaya. Diperlukan upaya peningkatan edukasi dan pemantauan kepatuhan konsumsi Tablet Fe serta perbaikan pola makan untuk menurunkan prevalensi anemia pada remaja putri.

**Kata Kunci :** anemia, pola makan, Tablet Fe, remaja putri

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**2025**

**ABSTRACT**

**AMELIA ADINDA PUTRI**

***THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND ADHERENCE TO IRON TABLET CONSUMPTION WITH THE INCIDENCE OF ANEMIA AMONG TENTH-GRADE FEMALE STUDENTS AT SMAN 5 TASIKMALAYA***

*Anemia is one of the most common health problems experienced by adolescent girls, primarily caused by an unbalanced diet and low adherence to iron (Fe) tablet consumption. According to the 2018 Basic Health Research (Riskesdas) data, approximately 23.7% of the Indonesian population suffers from anemia, with a prevalence of 32% among adolescents. In West Java, the prevalence of anemia in adolescents reaches 41.5%, and in Tasikmalaya City in 2024, the prevalence among adolescent girls was recorded at 44.21%. Specifically, at the Tawang Public Health Center, the prevalence of adolescent anemia reached 72.45%, and SMAN 5 Tasikmalaya reported the highest rate of adolescent anemia cases at 67%. This study aims to determine the relationship between dietary patterns and adherence to Fe tablet consumption with the incidence of anemia among tenth-grade female students at SMAN 5 Tasikmalaya. The research method applied was a quantitative study using a cross-sectional approach. A total of 150 respondents were selected using a simple random sampling technique. Data were collected through questionnaires and analyzed using the Chi-Square test. The statistical analysis showed a significant relationship between dietary patterns and the incidence of anemia ( $p = 0.000$ ), as well as between adherence to Fe tablet consumption and the incidence of anemia ( $p = 0.001$ ). It can be concluded that dietary patterns and adherence to Fe tablet consumption are significantly associated with the incidence of anemia among tenth-grade female students at SMAN 5 Tasikmalaya.*

**Keywords:** anemia, dietary patterns, iron tablets, adolescent girls