

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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ABSTRAK

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**HUBUNGAN PENGETAHUAN TENTANG ANEMIA DAN KEPATUHAN
MENGONSUMSI TABLET TAMBAH DARAH DENGAN KADAR
HEMOGLOBIN PADA SISWI SMK NEGERI 2 KOTA TASIKMALAYA
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Anemia pada remaja putri merupakan kondisi yang ditandai dengan kadar hemoglobin kurang dari 12 g/dL. Faktor pengetahuan tentang anemia dan kepatuhan dalam mengonsumsi tablet tambah darah (TTD) memiliki peran penting dalam menentukan asupan zat gizi yang berpengaruh terhadap kadar hemoglobin. Penelitian ini bertujuan untuk menganalisis hubungan antara pengetahuan tentang anemia dan kepatuhan mengonsumsi TTD dengan kadar hemoglobin pada siswi SMK Negeri 2 Kota Tasikmalaya tahun 2025. Desain penelitian menggunakan *cross sectional*, dengan jumlah sampel 80 siswi menggunakan metode *simple random sampling* dari 249 siswi. Hasil analisis dengan uji *spearman rank* menunjukkan bahwa ($p\text{-value} > 0,05$) tidak terdapat hubungan pengetahuan tentang anemia dan kepatuhan mengonsumsi TTD dengan kadar hemoglobin, tidak terdapat hubungan pengetahuan tentang anemia dengan asupan protein dan asupan zat besi, tidak terdapat hubungan kepatuhan mengonsumsi TTD dengan asupan zat besi, dan tidak terdapat hubungan *enhancer* (vitamin C) dan *inhibitor* (tanin dan kalsium) dengan kadar hemoglobin serta tidak terdapat hubungan lama menstruasi dengan kadar hemoglobin. Hasil analisis dengan uji *spearman rank* menunjukkan bahwa ($p\text{-value} < 0,05$) terdapat hubungan antara asupan protein dan asupan zat besi dengan kadar hemoglobin serta terdapat hubungan pengganggu penyerapan zat besi fitat dan oksalat dengan kadar hemoglobin. Responden diharapkan dapat meningkatkan asupan protein dan zat besi dengan memperhatikan cara mengonsumsi.

Kata Kunci: anemia, kadar hemoglobin, kepatuhan, pengetahuan, tablet tambah darah

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ABSTRACT

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THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT ANEMIA AND COMPLIANCE IN TAKING IRON SUPPLEMENTS WITH HEMOGLOBIN LEVELS IN FEMALE STUDENTS OF STATE VOCATIONAL SCHOOL 2, TASIKMALAYA CITY IN 2025

Anemia in adolescent girls is a condition characterized by hemoglobin levels below 12 g/dL. Factors such as knowledge about anemia and adherence to consuming iron supplement tablets (TTD) play an important role in determining nutrient intake, which affects hemoglobin levels. This study aims to analyze the relationship between knowledge about anemia and TTD consumption adherence with hemoglobin levels in female students at SMK Negeri 2 Kota Tasikmalaya in 2025. The study design used a cross-sectional approach, with a sample of 80 students selected using simple random sampling from a population of 249 students. Analysis results using the Spearman rank test showed that ($p\text{-value} > 0.05$) there is no relationship between knowledge about anemia and adherence to taking iron-folic acid supplements with hemoglobin levels, no relationship between knowledge about anemia and protein and iron intake, no relationship between adherence to taking iron-folic acid supplements and iron intake, no relationship between enhancers (vitamin C) and inhibitors (tannins and calcium) with hemoglobin levels, and no relationship between menstruation duration and hemoglobin levels. The analysis results using the Spearman rank test showed that ($p\text{-value} < 0.05$) show that there is a relationship between protein intake and iron intake with hemoglobin levels, as well as the presence of inhibitors of iron absorption such as phytate and oxalate affecting hemoglobin levels. Respondents are expected to increase their protein and iron intake by paying attention to how they consume them.

Keywords: anemia, compliance, hemoglobin level, iron supplement, knowledge