

ABSTRAK

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HUBUNGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH (TTD) DAN MENORAGIA DENGAN STATUS ANEMIA PADA REMAJA PUTRI DI SMP NEGERI 5 KOTA TASIKMALAYA TAHUN 2025

Anemia masih menjadi permasalahan kesehatan masyarakat di Indonesia yang dialami oleh berbagai kelompok usia, termasuk remaja putri. Dampaknya antara lain berupa penurunan konsentrasi belajar, peningkatan risiko gangguan tumbuh kembang janin, kelahiran prematur, bayi lahir dengan berat badan lahir rendah (bblr) yang dapat memicu stunting, serta gangguan neurokognitif. Prevalensi anemia pada remaja putri usia 12–16 tahun di Kota Tasikmalaya mencapai 44,2% dan SMP Negeri 5 sebagai sekolah dengan angka tertinggi di Kecamatan Cipedes, yaitu 51%. Rendahnya kepatuhan konsumsi Tablet Tambah Darah (TTD) dan kondisi menoragia diduga berperan dalam kejadian anemia. Menoragia merupakan gangguan menstruasi berupa durasi panjang dan volume darah menstruasi melebihi batas normal. Penelitian ini bertujuan untuk menganalisis hubungan antara kepatuhan konsumsi TTD dan menoragia dengan status anemia pada siswi di SMP Negeri 5 Kota Tasikmalaya tahun 2025. Penelitian menggunakan pendekatan kuantitatif dengan desain *Cross-Sectional*. Sampel terdiri atas 81 siswi kelas VII dan VIII yang dipilih melalui teknik *proportional stratified random sampling*. Data dikumpulkan melalui *food recall* 2×24 jam, lembar ceklis konsumsi TTD, kalender menstruasi, pictogram menstruasi, serta pengukuran kadar hemoglobin menggunakan alat *HemoCue* 201+. Variabel pengganggu seperti tingkat kecukupan zat besi dan protein, serta konsumsi minuman mengandung *inhibitor* dan makanan mengandung *enhancer* penyerapan zat besi turut dianalisis. Analisis dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Seluruh responden dinyatakan tidak patuh mengonsumsi TTD (100%) sehingga variabel tersebut tidak dianalisis secara statistik. Sebagian besar responden tidak mengalami menoragia (77,8%). Hasil uji menunjukkan tidak terdapat hubungan yang signifikan antara menoragia dengan status anemia ($p\text{-value} > 0,05$).

Kata Kunci: anemia, menoragia, remaja putri, Tablet Tambah Darah (TTD)

ABSTRACT

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THE RELATIONSHIP BETWEEN COMPLIANCE WITH IRON SUPPLEMENT TABLET CONSUMPTION AND MENORRHAGIA WITH ANEMIA STATUS AMONG ADOLESCENT GIRLS AT SMP NEGERI 5 CITY OF TASIKMALAYA IN 2025

Anemia remains a public health issue in Indonesia, affecting various age groups, including adolescent girls. Its effects include decreased concentration in learning, increased risk of fetal growth disorders, premature birth, low birth weight (LBW) babies, which can lead to stunting, and neurocognitive disorders. The prevalence of anemia among adolescent girls aged 12–16 years in Tasikmalaya City reached 44.2%, and SMP Negeri 5 being the school with the highest rate in Cipedes District, at 51.14%. Low compliance with iron tablet consumption and the condition of menorrhagia are suspected to play a role in the occurrence of anemia. Menorrhagia is a menstrual disorder characterized by prolonged duration and excessive menstrual blood volume beyond normal limits. This study aims to analyze the relationship between compliance with iron tablet consumption and menorrhagia with anemia status among female students at SMP Negeri 5 in Tasikmalaya City in 2025. The study employed a quantitative approach with a Cross-Sectional design. The sample consisted of 81 seventh and eighth-grade female students selected using proportional stratified random sampling. Data were collected through a 2×24-hour food recall, an iron supplement consumption checklist, a menstrual calendar, a menstrual pictogram, and hemoglobin level measurements using the HemoCue 201+ device. Confounding variables such as iron and protein sufficiency levels, as well as consumption of iron absorption inhibitors and enhancers, were also analyzed. Analysis was conducted using univariate and bivariate methods with the Chi-Square test. All respondents were found to be non-compliant with iron supplement tablets consumption (100%), so this variable was not statistically analyzed. Most respondents did not experience menorrhagia (77.8%). The test results showed no significant association between menorrhagia and anemia status ($p\text{-value} > 0.05$).

Keywords: anemia, adolescent girls, iron supplement tablets, menorrhagia