

**GAMBARAN KEPATUHAN REMAJA PUTRI MENGGONSUMSI  
TABLET TAMBAH DARAH DI SMAN 1 BARAMBAI WILAYAH  
KERJA PUSKESMAS BARAMBAI MUARA TAHUN 2024**

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**INTISARI**

**Latar Belakang :** Remaja putri merupakan salah satu kelompok yang rentan menderita anemia. Remaja putri beresiko terkena anemia karena mengalami menstruasi setiap satu bulan sekali sehingga kehilangan darah sebanyak 30-80 ml/hari.

**Tujuan :** Mengetahui gambaran kepatuhan remaja putri mengonsumsi tablet tambah darah yang telah diprogramkan oleh pemerintah di SMAN 1 Barambai

**Metode :** Jenis penelitian yang digunakan dengan pendekatan deskriptif kuantitatif. Populasinya adalah remaja putri di SMAN 1 Barambai. Sampel diambil dengan teknik total sampling yaitu sebanyak 99 responden. Proses pengumpulan data menggunakan kuesioner kepatuhan yang sudah dilakukan uji valid dan reliabel. Analisa data yang digunakan adalah univariat menggunakan distribusi frekuensi.

**Hasil :** Dari hasil penelitian diperoleh kepatuhan remaja putri mengonsumsi TTD (Tablet Tambah Darah) dalam kategori tidak patuh 53 responden (53,6%) dan tidak patuh 46 respionden (46,5%)

**Kesimpulan :** Disimpulkan bahwa mayoritas remaja putri tidak patuh mengonsumsi tablet tambah darah sehingga penyuluhan kesehatan perlu dikuatkan oleh pihak sekolah dan puskesmas.

**Kata Kunci :** Kepatuhan, Remaja Putri, Tablet Tambah Darah

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**DESCRIPTION OF THE COMPLIANCE OF ADOLESCENT GIRLS  
CONSUMING BLOOD SUPPLEMENT TABLETS AT SMAN 1  
BARAMBAI, PUSKESMAS BARAMBAI MUARA**

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**ABSTARCT**

**Background:** Adolescent girls are one of the groups that are prone to anemia. Adolescent girls are at risk of anemia because they experience menstruation once a month and lose 30-80 ml of blood per day.

**Purpose:** The Description of compliance of adolescent girls to consume blood supplement tablets that have been programmed by the government at SMAN 1 Barambai.

**Metode:** The type of research used is quantitative with descriptive design. The population was adolescent girls at SMAN 1 Barambai. The sample was taken with total sampling technique which was 99 respondents. The data collection process use a compliance questionnaire which has been tested for validity and reliability and the data analysis use is univariate using a frequency distribution.

**Results:** The results of this study showed that the majority of respondents 53 (53,6%) were in the non-compliant category of adolescent girl consuming tablets Fe and 46 respondents (46.4%) compliant.

**Conclusion:** It was concluded that the majority of adolescent girls were non-compliant with taking blood supplement tablets, so health education needs to be strengthened by schools and health center.

**Keywords:** Adherence, Adolescent Girls, Blood Supplement Tablets

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