

**Program Studi S1 Kebidanan dan Pendidikan Profesi Bidan Fakultas
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Rora Herlina

**Hubungan Pengetahuan dan Sikap Remaja Putri terhadap Kepatuhan
Konsumsi Tablet Tambah Darah (TTD) di SMAN 10 Pekanbaru**

XV + 66 halaman + 13 tabel + 11 lampiran

ABSTRAK

Anemia masih menjadi salah satu masalah kesehatan pada remaja putri yang dapat berdampak terhadap kesehatan reproduksi, prestasi belajar, serta kualitas hidup. Salah satu upaya pemerintah dalam mencegah anemia adalah melalui program pemberian Tablet Tambah Darah (TTD), namun keberhasilan program tersebut dipengaruhi oleh kepatuhan remaja putri dalam mengonsumsi TTD. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dan sikap remaja putri dengan kepatuhan konsumsi Tablet Tambah Darah (TTD) di SMAN 10 Pekanbaru Tahun 2026. Penelitian ini merupakan penelitian kuantitatif analitik dengan desain *cross sectional*. Populasi penelitian adalah seluruh siswi kelas X SMAN 10 Pekanbaru dengan sampel sebanyak 70 responden yang dipilih menggunakan teknik *proportionate stratified random sampling*. Data dikumpulkan menggunakan kuesioner, kemudian dianalisis secara univariat dan bivariat menggunakan uji *Fisher-Freeman-Halton Exact Test*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan baik dan cukup masing-masing sebanyak 30 responden (42,9%), memiliki sikap positif sebanyak 50 responden (71,4%), serta kepatuhan konsumsi Tablet Tambah Darah kategori patuh sebanyak 30 responden (42,9%), kurang patuh sebanyak 30 responden (42,9%), dan tidak patuh sebanyak 10 responden (14,3%). Hasil analisis menunjukkan terdapat hubungan yang bermakna antara pengetahuan dengan kepatuhan konsumsi Tablet Tambah Darah ($p\text{-value} < 0,001$) dan terdapat hubungan yang bermakna antara sikap dengan kepatuhan konsumsi Tablet Tambah Darah ($p\text{-value} < 0,001$). Disimpulkan bahwa pengetahuan dan sikap berhubungan secara signifikan dengan kepatuhan konsumsi Tablet Tambah Darah pada remaja putri di SMAN 10 Pekanbaru Tahun 2026. Disarankan kepada pihak sekolah dan tenaga kesehatan untuk meningkatkan edukasi serta pemantauan konsumsi Tablet Tambah Darah secara berkelanjutan guna meningkatkan kepatuhan remaja putri dalam mencegah anemia.

Kata kunci : Pengetahuan, Sikap, Kepatuhan, Tablet Tambah Darah, Remaja Putri.

Daftar bacaan : 2020-2025.

Midwifery Undergraduate Study Program and Midwifery Professional Education, Faculty of Midwifery, Institut Kesehatan Payung Negeri Pekanbaru

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Rora Herlina

The Relationship Between Knowledge and Attitudes of Adolescent Girls and Compliance with Iron Supplement Tablet Consumption at SMAN 10 Pekanbaru

xv + 66 pages + 13 tables + 11 appendices

ABSTARCT

Anemia remains one of the major health problems among adolescent girls, affecting reproductive health, academic performance, and quality of life. One of the Indonesian government's efforts to prevent anemia is through the Iron Supplementation Tablet (IST) program. However, the success of this program depends on adolescent girls' adherence to consuming Iron Supplementation Tablets. This study aimed to determine the relationship between knowledge and attitudes of adolescent girls and their adherence to Iron Supplementation Tablet consumption at SMAN 10 Pekanbaru in 2026. This study employed a quantitative analytical design with a cross-sectional approach. The population consisted of all tenth-grade female students at SMAN 10 Pekanbaru, with a sample of 70 respondents selected using proportionate stratified random sampling. Data were collected using questionnaires and analyzed through univariate and bivariate analyses. The bivariate analysis was conducted using the Fisher-Freeman-Halton Exact Test. The results showed that most respondents had good and moderate knowledge, each accounting for 30 respondents (42.9%), while 50 respondents (71.4%) had positive attitudes. Regarding adherence to Iron Supplementation Tablet consumption, 30 respondents (42.9%) were categorized as adherent, 30 respondents (42.9%) as moderately adherent, and 10 respondents (14.3%) as non-adherent. The bivariate analysis revealed a significant relationship between knowledge and adherence to Iron Supplementation Tablet consumption (p -value <0.001) as well as between attitude and adherence to Iron Supplementation Tablet consumption (p -value <0.001). It can be concluded that knowledge and attitudes are significantly associated with adherence to Iron Supplementation Tablet consumption among adolescent girls at SMAN 10 Pekanbaru. Schools and healthcare providers are recommended to strengthen health education and continuously monitor Iron Supplementation Tablet consumption to improve adherence and support anemia prevention among adolescent girls.

Keywords: Knowledge, Attitude, Compliance, Iron Supplement Tablets, Adolescent Girls.

References: 2020–2025