

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN  
FAKULTAS KEBIDANAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU  
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**Efektivitas Media *Games* Ular Tangga Terhadap Pengetahuan, Sikap, Dan Kepatuhan Konsumsi Tablet Tambah Darah Pada Remaja Putri Di SMK Negeri 2 Pekanbaru.**

**XV + 95 Halaman + 13 Tabel + 1 Gambar + 2 Skema + 11 Lampiran**

**ABSTRAK**

Banyak remaja putri yang masih mengalami masalah anemia. Beberapa hal yang dapat meningkatkan risiko terkena anemia antara lain kurangnya pemahaman tentang kondisi tersebut, sikap negatif pada TTD serta tidak mengonsumsinya secara teratur. Games Ular Tangga dapat dimanfaatkan jadi sarana pendidikan kesehatan guna meningkatkannya pengetahuan, sikap, dan kepatuhan remaja putri. Tujuannya studi ini guna melihat efektivitas media *games* ular tangga pada pengetahuan, sikap, serta kepatuhan konsumsi TTD pada remaja putri di SMKN 2 Pekanbaru. Studi ini memakai desain *pre-experimental* dengan pendekatannya *one group pretest-posttest design*. Pelaksanaan studi pada bulan Mei 2026 di SMKN 2 Pekanbaru. Sample studi jumlahnya 65 remaja putri terpilih memakai teknik *proportional random sampling*. Instrumen studi berupa kuesioner pengetahuan, sikap, serta kepatuhan konsumsi Tablet Tambah Darah. Analisa data dilaksanakan secara univariat serta bivariat. Pengujian normalitas memakai uji K-S, lalu analisa bivariat memakai *Wilcoxon Signed Rank Test*. Rata-ratanya skor pengetahuan ada peningkatan dari 6,38 jadi 9,83, rata-ratanya skor sikap ada peningkatan dari 4,92 jadi 13,00, serta rata-ratanya skor kepatuhan konsumsi TTD ada peningkatan dari 1,72 jadi 6,05 sesudah diberi intervensi media *games* ular tangga. Temuan pengujian *Wilcoxon Signed Rank Test* memperlihatkan media *games* ular tangga ada pengaruhnya signifikan pada pengetahuan ( $Z = -6,819$ ;  $p < 0,001$ ), sikap ( $Z = -7,035$ ;  $p < 0,001$ ), serta kepatuhan konsumsi TTD ( $Z = -6,865$ ;  $p < 0,001$ ). Media *games* ular tangga efektif pada peningkatan sikap, pengetahuan, serta kepatuhan konsumsi TTD pada remaja putri di SMKN 2 Pekanbaru. Media ini bisa dijadikan sebagai salah satunya alternatif edukasi kesehatan di sekolah pada upaya meningkatkan pencegahannya anemia pada remaja putri.

Kata Kunci : Efektivitas, Media *games* Ular tangga, Remaja Putri, Tablet Tambah Darah

Daftar Pustaka: 57 referensi (2018–2025).

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***The Effectiveness of Snakes and Ladders Game Media on Knowledge, Attitudes,  
and Adherence to Iron Tablet Consumption Among Adolescent Girls at SMK  
Negeri 2 Pekanbaru***

***xv + 95 Pages + 13 Tables + 1 Figures + 2 Diagram + 11 Appendices***

**ABSTRACT**

*Anaemia affects a large number of teenage females. A lack of knowledge about anaemia, unfavourable attitudes toward iron-rich meals, and irregular consumption of these foods all contribute to anaemia risk. To enhance the understanding, disposition, and commitment of teenage females toward health education, the game of Snakes and Ladders might be used. This study aims to investigate whether the game Snakes and Ladders at SMKN 2 Pekanbaru can enhance the iron supplement consumption knowledge, attitudes, and adherence among teenage girls. A one-group pretest-posttest design was used in this study's pre-experimental design. May 2026 was the study's administration month at SMKN 2 Pekanbaru. Using a proportionate random selection method, 65 teenage females were chosen to participate in the research. The study's tools were questionnaires that assessed participants' level of understanding, attitudes, and compliance with taking iron-fortified pills as prescribed. Univariate and bivariate approaches were used to analyse the data. The K-S test was used to check for normality, and the Wilcoxon Signed-Rank Test was used for bivariate analysis. After the "Snakes and Ladders" game-based media intervention, the average scores for knowledge, attitude, and adherence to taking iron supplement pills went up from 6.38 to 9.83, 4.92 to 13.00, and 1.72 to 6.05, respectively. The knowledge, attitude, and adherence to taking Iron-Fortified Tablets were all significantly affected by the Snakes and Ladders game, according to the Wilcoxon Signed-Rank Test ( $Z = -6.819$ ;  $p < 0.001$ ), with  $Z = -7.035$  and  $p < 0.001$  respectively. Adolescent females at SMKN 2 Pekanbaru improved their attitudes, knowledge, and adherence to consuming Iron-Folic Acid Tablets (IFATs) by the use of the "Snakes and Ladders" game. In the fight against teenage girls' anaemia, this media may be used as an alternative to traditional school-based health teaching programs.*

**Keywords** : Effectiveness, Snakes and Ladders Game Media, Adolescent Girls, Iron Supplement Tablets.

**Reading List** : 57 references (2018–2025).