

***RELATIONSHIP BETWEEN THE USE OF IRON TABLETS AND
THE OCCURRENCE OF ANAEMIA AMONG YOUNG WOMEN IN
SMKN I TANJUNG AGUNG MUARA ENIM DISTRICT***

SKRIPSI

*in partial fulfilment of the requirement for the bachelor degree of nutrition science at
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ABSTRACT

Iron deficiency anaemia is a common anaemia in developing countries. It is estimated that about 30% of the world's population suffers from anaemia, and more than half of these are iron deficiency anaemia. Data from the Indonesian Health Survey (IHS) in 2023 showed that the prevalence rate of anaemia in the adolescent group was 9.1%, with a distribution at 10-14 years of age as high as 7.5% and 15-19 years of age 7.7%. South Sumatra is one of the provinces where the incidence of anaemia among adolescents is higher than the national rate, with 9.9% of adolescents in South Sumatra suffering from anaemia (Ministry of Health, 2023). The high incidence of anaemia is closely related to the compliance of adolescent girls in taking iron tablets. This descriptive quantitative study aims to determine the relationship between compliance with the consumption of blood supplement (Fe) tablets and the incidence of anaemia among adolescent girls in SMKN I Tanjung Agung Muara Enim Regency. The population in this study were all 83 female students with total sampling. The research was conducted from April to July 2024. Statistical analysis of research data was done univariately, namely the variable of compliance with consumption of blood additive tablets (Fe) and the incidence of anaemia and analysis of relationship tests with chi-square. The results showed that 37 (44.6%) adolescents were non-compliant and 46 (55.4%) adolescents were compliant with the consumption of blood supplement tablets (Fe). A total of 53 (63.9%) adolescents were not anaemic and 30 (36.1%) adolescents were anaemic. The results of the statistical analysis showed that there was a significant relationship, indicated by a p-value = 0.00. Adolescents' knowledge about anaemia needs to be improved through education and the role of school institutions in promoting it.

Keywords: *anaemia, adolescent girls, compliance, consumption of blood supplement tablets*

