

# **PENGARUH KONSUMSI TABLET BESI TERHADAP KADAR HEMOGLOBIN (Hb) REMAJA PUTRI ANEMIA DI SMA NEGERI 01 DORO KABUPATEN PEKALONGAN**

Rosidah Nurmasari<sup>1</sup>, Yuliana Noor Setiawati Ulvie<sup>2</sup>  
Program Studi S1 Gizi Fakultas Ilmu Keperawatan dan Kesehatan  
Universitas Muhammadiyah Semarang  
[Ida\\_nr@yahoo.co.id](mailto:Ida_nr@yahoo.co.id), [ulvieanna@gmail.com](mailto:ulvieanna@gmail.com)

## **ABSTRAK**

Anemia pada remaja putri dapat mengganggu perkembangan motorik serta dapat menurunkan kemampuan berkonsentrasi sehingga mempengaruhi prestasi belajar. Prevalensi anemia pada remaja putri masih sangat tinggi. Tujuan penelitian ini adalah untuk mengetahui apakah ada pengaruh konsumsi tablet besi dengan kadar Hb remaja putri anemia di SMA Negeri 01 Doro Kabupaten Pekalongan. Pemberian tablet besi merupakan salah satu cara meningkatkan kadar Hb sehingga dapat mengatasi masalah anemia pada remaja putri. Jumlah tablet besi yang diberikan dan dikonsumsi oleh responden dalam waktu selama satu bulan sebanyak 4 butir yang dikonsumsi 1x/minggu.

Desain penelitian ini menggunakan kuasi eksperimen dengan pendekatan pre test dan post test. Sampel yang diambil semua remaja putri SMA Negeri 01 Doro yang anemia sebanyak 37 siswa. Data konsumsi tablet besi diperoleh dengan mengisi angket yang dibagikan sedangkan kadar Hb diukur dengan metode cyanmethoglobin. Uji statistik yang digunakan adalah uji *Wicoxon* yang sebelumnya data variabel dilihat dahulu kenormalannya.

Pada analisis univariat rerata jumlah tablet besi yang dikonsumsi remaja putri  $2,76 \pm 1,01$  butir dengan nilai minimum 1 butir dan maksimum 4 butir. Rerata Indeks Massa Tubuh (IMT) pada remaja putri  $20,47 \pm 2,54$  kg/m<sup>2</sup> dengan nilai maksimum 28,76 kg (status gizi obesitas) dan minimum 15,77 kg (status gizi kurang).

Berdasarkan hasil analisis, variabel konsumsi tablet besi bermakna sehingga ada pengaruh konsumsi tablet besi dengan kadar Hb remaja putri anemia ( $p=0,00$ ). Kadar Hb remaja putri sebelum diberi Tablet Besi memiliki rata-rata 10,8 gr/dl setelah diberi Tablet Besi kadar Hb meningkat sebesar 12,40 gr/dl. Diharapkan remaja putri mengkonsumsi tablet besi untuk mencegah dan mengatasi anemia.

**Kata kunci** : Tablet besi, kadar Hb, Remaja Putri.

# EFFECT OF IRON TABLET CONSUMPTION ON HEMOGLOBIN CONTENT (Hb) ANEMIA OF FEMALE ADOLESCENT IN SMA NEGERI 01 DORO AT PEKALONGAN REGENCY

Rosidah Nurmasari<sup>1</sup>, Yuliana Noor Setiawati Ulvie<sup>2</sup>  
Nutrition Science Study Program The Faculty of Nursing and Health  
University of Muhammadiyah Semarang  
[Ida\\_nr@yahoo.co.id](mailto:Ida_nr@yahoo.co.id), [ulvieanna@gmail.com](mailto:ulvieanna@gmail.com)

## ABSTRAC

Anemia in young women can interfere motor development and decrease the ability of concentration, thus it affects the learning achievement. The prevalence of anemia in adolescent girls are still very high. The purpose of this study is to determine whether there is influence iron tablet consumption with Hb levels of anemia female adolescent in SMA Negeri 01 Doro Pekalongan Regency. Provision of iron tablets is one way to increase Hb so that it can overcome anemia problem in young women. The number of iron tablets administered and consumed by the respondent in a time for one month as much as 4 items consumed 1x / week.

This research design uses experimental quasi with approach of pre test and post test. Samples taken by all girls of SMA Negeri 01 Doro anemia were 37 students. The data of iron tablet consumption was obtained by filling the questionnaire distributed while the Hb level was measured by cyanmethoglobin method. The statistical test used is the Wicoxon test of the previous variable data first viewed the normality.

In the univariate analysis, the average number of iron tablets consumed by adolescent girls was  $2.76 \pm 1.01$  grains with a minimum value of 1 grain and a maximum of 4 grains. Mean Body Mass Index (BMI) in female adolescent  $20,47 \pm 2.54$  kg / m<sup>2</sup> with maximum value 28,76 kg (obesity nutrient status) and minimum 15,77 kg (nutrient status less).

Based on the result of analysis, consumption variable of iron tablet is significant so that there is influence of iron tablet consumption with Hb content of adolescent daughter anemia ( $p = 0,00$ ). Hb level of female adolescent before being given Iron Tablet has an average of 10.8 gr / dl after given Iron Tablet Hb level increased by 12,40 gr / dl. It is expected that young women consume iron tablets to prevent and treat anemia.

**Keywords:** Iron tablet, Hb content, Young Women.