

PROGRAM STUDI S1 KEPERAWATAN

FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN

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Pengalaman Remaja Putri Mengonsumsi Tablet Tambah Darah Di Sekolah Kota Semarang Tahun 2019: Studi Fenomenologi

X+ 58 Halaman+ 2 Tabel + 8 Lampiran + 4 Skema

ABSTRAK

Latar belakang: Anemia karena kurang zat besi dianggap sebagai penyebab paling umum secara global. Indonesia memiliki jumlah remaja 8,3 % yang membutuhkan perhatian khusus agar angka kejadian anemia dapat menurun. Pemerintah telah mendistribusikan TTD hampir keseluruhan Kota, namun masih banyak fenomena remaja putri tidak mengonsumsi TTD secara teratur. Menurut penelitian yang dilakukan Listiani (2018), rerata kadar Hb pada remaja putri pada kelompok perlakuan yaitu 10,7 gr/dL, pada kelompok kontrol 10,2 gr/dL, sedangkan rerata kadar Hb setelah diberikan intervensi berupa suplementasi tablet Fe dan jus jambu biji merah pada kelompok perlakuan memiliki rerata 11,4 gr/dL, pada kelompok kontrol 10,6 gr/dL yang hanya diberikan suplementasi tablet Fe. Melalui studi pengalaman remaja putri mengonsumsi TTD ini, maka petugas kesehatan akan mendapatkan gambaran mendalam terkait pengalaman remaja putri selama mengonsumsi TTD. Hasil wawancara terhadap siswi salah satu SMA di Semarang didapatkan data bahwa responden A mengatakan TTD yang diberikan kadang diminum dan kadang tidak diminum, sedangkan responden B mengatakan tidak minum TTD yang diberikan. Hal ini dapat dilihat dari ungkapan partisipan B berikut “.....aduh waktu dikasih terus gak pernah diminum itu, tabletnya kayaknya tak masukin di laci sekolah, sekarang uda gak ada....”. **Tujuan:** mengetahui informasi tentang pengalaman remaja putri mengonsumsi TTD yang didapat dari sekolah. **Penelitian:** Metode yang digunakan untuk menggali pengalaman remaja putri adalah kualitatif fenomenologi dengan jumlah partisipan sebanyak 7 orang. Pengumpulan data dilakukan dengan cara *indepth interview* dan analisa menggunakan metode Colaizzi. **Hasil penelitian:** terkait pengalaman remaja putri didapatkan 4 tema diantaranya (1) Sumber TTD; (2) TTD mengurangi nyeri menstruasi; (3) Minat minum TTD dan (4) Mengisi buku monitoring menstruasi. Pemberian TTD oleh mahasiswa penelitian ini membuat siswi dapat merasakan pengalaman meminum TTD selama di sekolah. Siswi juga berpendapat tentang rasa, aroma dan efek setelah minum TTD. **Kesimpulan:** hasil penelitian ini memberikan gambaran bagaimana pengalaman remaja putri mendapatkan TTD di sekolah. wawasan baru yang ditemukan oleh peneliti adalah pada tema ke 2 dan 3. Berdasarkan temuan ini diharapkan pihak dari petugas kesehatan dapat melakukan pendampingan kepada para siswi yang mendapatkan TTD.

Kata kunci : Pengalaman remaja putri, Mengonsumsi TTD, Fenomenologi.

Pustaka : 34 (2007-2020)

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The Experience of Female Adolescents Consuming Iron Tablets in a School in Semarang City in 2019: Phenomenology Study

X+ 58 Pages+ 2 Tables + 8 Appendices + 4 Schemes

ABSTRACT

Background: Anemia due to iron deficiency is considered to be the most common cause globally. 8.3% of adolescents in Indonesia need special attention so that the incidence of anemia can decline. The government has distributed TTD (iron tablets) to almost all cities, but still, there is a phenomenon of female adolescents not consuming TTD regularly. According to research conducted by Listiani (2018), the average Hb level in adolescent girls in the treatment group was 10.7 gr / dL, in the control group 10.2 gr / dL, while the average Hb levels after being given intervention were supplementation with Fe tablets and guava juice. Red seeds in the treatment group had a mean of 11.4 gr / dL, in the control group 10.6 gr / dL were only given iron supplementation. Through this study on the experiences of female adolescents in consuming TTD, health workers will get an in-depth overview of the experiences of female adolescents when consuming TTD. The results of interviews with high school students in Semarang showed that respondent A said that the iron tablet given was sometimes drunk and sometimes not drunk, while respondent B said that he did not drink the iron tablet given. This can be seen from the following expression of participant B "... oh, when I was given it, I never drank it, the tablet was like I didn't put it in the school drawer, now it's not there ...". **Purposes:** To find information about the experiences of young women consuming iron tablets obtained from school. **Methods:** The methods used to explore the experiences of female adolescents were qualitative phenomenology with a total of 7 participants. The data were collected through in-depth interviews and analysis using the Colaizzi method. **Research Results:** Regarding the experience of female adolescents, there were 4 themes formulated including (1) source of TTD; (2) TTD reduces menstrual pain; (3) Interest in taking TTD, and (4) Fill in the menstrual monitoring book. The giving of TTD by the researcher in this study enables students to feel the experience of taking TTD in school. Students also gave their opinions about the taste, aroma, and effects after taking TTD. **Conclusion:** The results of this study provide an overview of how female adolescents experience TTD in school. The new insights found by the researcher are on second and third themes. Based on these findings, it is expected that health workers can assist students who receive TTD.

Keywords : The experience of female adolescents, Consuming TTD, Phenomenology.

References : 34 (2007-2020)