ABSTRACT

The prevalence of adolescent girls who experience iron deficiency anemia in Indonesia is still high. In Indonesia, the incidence of anemia in adolescent girls reaches 21.7%. The government runs a program of giving blood added tablets to overcome iron deficiency anemia in adolescents. However, this program is deemed ineffective because adherence to the consumption of blood-supplemented tablets among young women is still low.

This research is a quasi experimental research. The total sample of the study was 60 high school students. Sampling using random sampling method. Data collection was conducted twice, before and after nutrition education was carried out, the data collected was an integrated behavioral model which included attitudes, personal agents, knowledge, the importance of behavior, intentions, environmental barriers, and compliance with micronutrient suplement tablets consumption and the risk of anemia. Data filling is done online via google form. Data were analyzed using SPSS v20.0 with the Mann-Whitney test, Wilcoxon signed ranks test, and logistic regression test.

The results showed that there were significant differences in knowledge (0.002) and adherence to taking blood-added tablets (<0.001) after nutrition education in the treatment group. The increase in the average knowledge, attitude, importance of behavior, intention, and compliance with the consumption of micronutrient tablets in the treatment group was higher than the control group. The risk of anemia in the treatment group was also significantly different (0.002). A strong subject's intention to increase adherence to blood supplement tablet consumption was 2,754 times higher.

The conclusion of this study is that nutrition education based on an integrated behavioral model can increase knowledge and constructs of IBM to encourage behavioral changes in anemia prevention through adherence to taking micronutrient supplemented tablets.

Keywords: anemia, integrated behavioral model, adherence, micronutrient supplement tablet, adolescent girl

ABSTRAK

Prevalensi remaja putri yang mengalami anemia defisiensi besi di Indonesia masih tinggi. Di Indonesia angka kejadian anemia pada remaja putri mencapai 21.7.Pemerintah menjalankan program pemberian tablet tambah darah untuk menanggulangi anemia defisiensi besi pada remaja,. Namun, program ini dirasa kurang efektif karena kepatuhan konsumsi tablet tambah darah pada remaja putri masih rendah.

Penelitian ini merupakan penelitian quasi eksperimen. Total sampel penelitian adalah 60 siswi Sekolah Menengan Atas (SMA). Pengambilan sampel menggunakan metode *random sampling.*Pengumpulan data dilakukan dua kali yaitu sebelum dan sesudah dilakukan pendidikan gizi, data yang dikumpulkan adalah konstruk *integrated behavioral model* yang meliputi sikap, agen personal, pengetahuan, arti penting perilaku, niat, hambatan lingkungan, serta kepatuhan konsumsi tablet tambah darah dan risiko anemia. Pengisian data dilakukan secara *online* melalui *google formulir.* Data dianalisis menggunakan SPSS v20.0 dengan uji *mann-whitney,* uji *Wilcoxon signed ranks*, dan uji *regresi logistik.*

Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan pada pengetahuan (0.002) dan kepatuhan mengkonsumsi tablet tambah darah (<0.001) setelah pendidikan gizi pada kelompok perlakuan. Peningkatan rata-rata pengetahuan, sikap, arti penting perilaku, niat, dan kepatuhan konsumsi tablet tambah darah pada kelompok perlakuan lebih tinggi dibandingkan dengan kelompok kontrol. Risiko anemia pada kelompok perlakuan juga mengalami perbedaan yang signifikan (0.002). Niat subjek yang kuat dapat meningkatkan kepatuhan konsumsi tablet tambah darah 2.754 kali lebih tinggi.

Kesimpulan dari penelitian ini adalah pendiidkan gizi berbasis *integrated behavioral model* dapat meningkatkan pengetahuan serta konstruk IBM untuk mendorong perubahan perilaku pencegahan anemia melalui kepatuhan mengkonsumsi tablet tambah darah.

Kata kunci : anemia, Integrated behavioral model, kepatuhan, tablet tambah darah, remaja putri