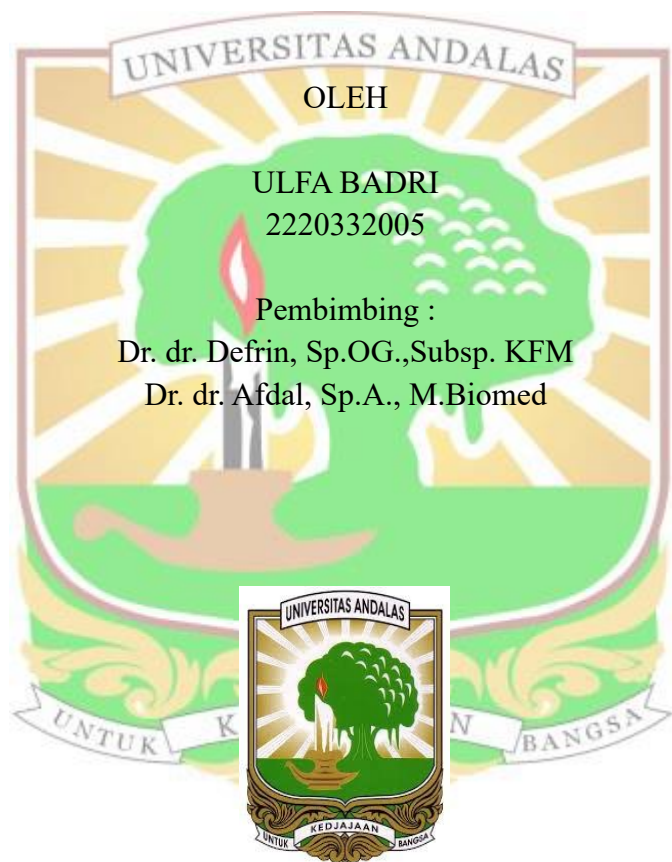


**PENGARUH *PEER EDUCATION* DAN PEMBERIAN TABLET
TAMBAH DARAH TERHADAP PERUBAHAN PENGETAHUAN,
SIKAP DAN KADAR HEMOGLOBIN PADA REMAJA PUTRI
ANEMIA DI MTsN 6 KOTA PADANG**

TESIS



**PROGRAM STUDI KEBIDANAN PROGRAM MAGISTER
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ABSTRAK

PENGARUH PEER EDUCATION DAN PEMBERIAN TABLET TAMBAH DARAH TERHADAP PERUBAHAN PENGETAHUAN, SIKAP DAN KADAR HEMOGLOBIN PADA REMAJA PUTRI ANEMIA DI MTSN 6 KOTA PADANG

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Masalah gizi yang masih banyak terjadi pada remaja putri di Indonesia adalah anemia defisiensi besi. Anemia merupakan suatu kondisi dimana kadar hemoglobin (Hb) di dalam darah lebih rendah dari angka normal. Menurut *World Health Organization* (WHO) tahun 2020 menunjukkan bahwa prevalensi anemia remaja di dunia pada tahun 2020 sebesar 32,5%. Data UNICEF (2021) melaporkan bahwa di Indonesia, prevalensi anemia tertinggi terdapat pada kelompok remaja usia 13–15 tahun, yaitu sebesar 22,7%. Penyebab anemia pada remaja antara lain kurangnya asupan gizi, adanya penyakit penyerta, dan rendahnya kepatuhan dalam mengonsumsi tablet tambah darah (TTD). Pemberian pendidikan kesehatan mengenai anemia dan gizi seimbang, disertai suplementasi TTD secara optimal, diperlukan untuk meminimalkan kejadian anemia pada remaja putri. Tujuan penelitian ini adalah untuk mengetahui pengaruh *peer education* dan pemberian tablet tambah darah terhadap perubahan pengetahuan, sikap dan kadar hemoglobin pada remaja putri anemia di MTsN 6 Kota Padang

Penelitian dengan desain *pre experiment* dilakukan di MTsN 6 Kota Padang pada bulan Maret 2024 sampai bulan Agustus 2025. Sampel pada penelitian ini berjumlah 52 orang remaja putri anemia yang dipilih dengan menggunakan *consecutive sampling*. Analisis data secara univariat dan bivariat dengan menggunakan uji *wilcoxon* ($p \leq 0.05$).

Hasil penelitian menunjukkan bahwa 83% siswi menunjukkan peningkatan pengetahuan dengan $p\text{-value} = 0,001$, sedangkan 69% siswi mengalami peningkatan sikap positif dengan $p\text{-value} = 0,001$. Sebanyak 96% siswi mengalami peningkatan kadar hemoglobin dan kadar hemoglobin meningkat 0,7 gr/dl terhadap kadar hemoglobin awal selama 4 minggu intervensi, ini menunjukkan perbaikan status anemia pada responden dengan $p\text{-value} = 0,001$. Secara statistik terdapat perbedaan bermakna pengetahuan, sikap dan kadar hemoglobin setelah diberikan *peer education* dan pemberian tablet tambah darah pada remaja putri anemia.

Peer education dan pemberian tablet tambah darah berpengaruh terhadap perubahan pengetahuan, sikap dan kadar hemoglobin siswi.

Kata kunci : *Peer education*, Tablet tambah darah, Remaja putri anemia

ABSTRACT

EFFECT OF PEER EDUCATION AND IRON-FOLIC ACID SUPPLEMENTATION (TTD) ON KNOWLEDGE, ATTITUDE, AND HEMOGLOBIN LEVELS AMONG ANEMIC ADOLESCENT GIRLS IN MTSN 6 PADANG

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Nutritional problems that are still prevalent among adolescent girls in Indonesia include iron deficiency anemia. Anemia is a condition where hemoglobin (Hb) levels in the blood are lower than normal numbers. According to the *World Health Organization* (WHO), in 2020, the prevalence of anemia in adolescents globally was 32.5%. UNICEF data (2021) reported that in Indonesia, the prevalence of anemia is highest in the group of teenagers aged 13–15 years, namely 22.7%. Causes of anemia in adolescents include, among others, the lack of intake of nutrition, the presence of accompanying disease, and low compliance in taking iron and folic acid supplementation (IFAS). The administration of health education regarding anemia and balanced nutrition, along with optimal iron supplementation, is essential to reduce the incidence of anemia among adolescent girls. The research objective is to investigate how peer education and the giving of additional blood tablets affect knowledge, attitudes, and hemoglobin levels among adolescent girls with anemia at MTsN 6 Padang City.

Study with a design *pre-experiment* conducted at MTsN 6 Padang City from the month of March 2024 to August 2025. Samples in the study This totals 52 adolescent girl selected with anemia with use of consecutive *sampling*. Data analysis was univariate and bivariate using *a wilcoxon* ($p \leq 0.05$).

The results showed that 83% of female students showed an increase in knowledge with $p\text{-value} = 0.001$, while 69% of female students experienced an increase in positive attitudes with $p\text{-value} = 0.001$. A total of 96% of female students experienced an increase in hemoglobin levels and hemoglobin levels increased by 0,7 gr/dl compared to initial hemoglobin levels during the 4 weeks of intervention, this showed an improvement in anemia status in respondents with $p\text{-value} = 0.001$. Statistically, there was a significant difference in knowledge, attitudes and hemoglobin levels after being given peer education and giving iron and folic acid supplementation to anemic adolescent girls

Peer education and blood supplementary tablets were influential in changing the knowledge, attitudes, and levels of hemoglobin of female students.

Keywords : Peer education, iron-folic acid supplementation, adolescent girl with anemia