

## Factors Affecting Adolescent Behavior Toward Consumption of Blood Addition Tablets in Adolescent Girls at SMA Negeri 1 Abung Tinggi North Lampung Year 2024

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### ABSTRACT

**Background & Objective:** The purpose of this study was to analyze the factors that influence the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung. **Method:** This type of research is a type of quantitative research with the approach method used cross sectional. Populas, as many as 182 adolescent girls. sample as many as 101 respondents, sample technique using random sampling. The research was conducted on December 02, 2024 at SMA Negeri Abung Tinggi North Lampung. The instrument used was a questionnaire. Data analysis using the Chi-square test. **Result:** The results of the study obtained 3 factors associated with the behavior of taking blood add tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara, namely the knowledge factor, the family support factor, the attitude with the obtained  $p$  (sig) value  $<0.05$  while the teacher and peer support factor obtained  $p$  (sig) value  $>0.05$  means that there is no relationship with the behavior of taking blood add tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara. **Conclusion:** The Chi-square statistical test showed a significant relationship between knowledge, attitude, and family support with the behavior of taking blood supplement tablets. However, there was no significant relationship between teacher and peer support with the behavior.

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## Introduction

Adolescence is a developmental transition from childhood to adulthood, during this period there will be physical, biological and psychological changes (Abdulsalam Othman et al. 2023). Of the total population of 1 billion people, approximately 1 in 6 people in the world are adolescents, there are a total of 46 million adolescents in Indonesia, on the island of Sumatra ranks 20th for women with an overall rate of 48% and 49% for the age group 15 to 19 years at risk (Unicef, 2021).

WHO (World Health Organization) states that in 2022 the prevalence of anemia is around 20-40% with the highest prevalence of anemia in Yemen, which is 61.5% aged 15-49 years, the hope is that in 2025 the prevalence of anemia will decrease by around 50% (Magdalena et al. 2024). Based on data and information based on the prevalence of data from the Indonesian Ministry of Health in 2021, the prevalence of iron nutrition anemia in adolescent girls in Indonesia is 22.7%.

Adolescent girls' health should be the government's main concern. This is related to the Sustainable Development Goals (SDGs) target which still requires great effort to achieve, namely maternal health. In the development cycle of women, the puberty period of women is very important, because it is during this period that growth and development occurs. When growth and development is optimal, it will create healthy and quality adolescent girls. Adolescent girls are more at risk of anemia because of the menstrual cycle experienced every month, allowing more iron loss during menstruation (Abdulsalam Othman et al. 2023). The menstrual cycle begins to be regular after the age of the woman reaches adolescence around the age of 17-18 years, regular menstruation with an interval of 26-32 days (Kuswati and Handayani 2016). Adequate iron intake since adolescence can reduce the incidence of anemia in pregnant women, bleeding at birth, low birth weight (Darmini, 2020).

Adolescent girls generally have characteristics of unhealthy eating habits. Among other things, the habit of not eating breakfast, lazy drinking water, unhealthy diet because they want to be slim (ignoring sources of protein, carbohydrates, vitamins and minerals), the habit of snacking on low-nutrient foods and eating fast food. So that adolescents are unable to meet the diversity of food substances needed by their bodies for the synthesis process of hemoglobin formation. If this happens for a long period of time, it will cause hemoglobin levels to continue to decrease and cause anemia (Muhayati and Ratnawati 2019).

Anemia is caused by red blood in the body being lower than normal. The main cause of anemia is iron deficiency in the body. Anemia can cause fatigue, dizziness, and difficulty concentrating. The amount of hemoglobin in the blood is lower than normal. Hemoglobin concentration in men and women has a normal difference. Hemoglobin (Hb) in men usually reaches 13 gr/dL, while in women it is usually around 12 gr/dL. Signs of nutritional anemia begin with a reduction in the amount of iron in the body (ferritin) and an increase in the body's ability to absorb iron, which can be seen from an increased ability to bind iron. In the later stages, iron stores are depleted, transferrin saturation levels decrease, production of protoporphyrin converted into hemoglobin decreases, and serum ferritin concentration decreases. Finally, a medical condition called anemia occurs which is characterized by low levels of Hemoglobin (Hb) in the body (Atikah et al. 2019).

Based on data (Lampung Health Profile, 2018) the coverage of blood supplement tablets received by adolescent girls was 48.21% who received blood supplement tablets at school, while in North Lampung it was still below the target of 29.3% which

made North Lampung rank 5th and below for the coverage of adolescent girls who received blood supplement tablets. It can be concluded that there is still low awareness of the importance of consuming blood tablets as a supplement to prevent anemia (Riskseddas, 2018). There are some problems with taking iron tablets, they often experience nausea and dislike the taste and smell of the tablets. The biggest factor that causes adolescent girls not to consume blood supplement tablets is laziness and boredom (Diatri et.al. 2022).

Based on research conducted by (Yulianti, Herdhianta and Ediyono 2023), the factor that most influences the level of compliance with the consumption of blood-added tablets is Outcome Evaluation or the perception of the benefits of consuming blood-added tablets to adolescent girls, besides that adolescent attitudes, family support, teacher support also affect the level of compliance of adolescent girls. A person's knowledge and attitude towards preventing anemia can facilitate the formation of individual behavior by consuming blood-added tablets. The attitude that underlies the formation of the behavior of taking blood tablets will last for a long time. There are several causes of anemia in adolescent girls, including nutritional status in adolescents, lack of consumption of Fe, Vitamin C, and menstruation, parasite infections such as hookworms, lack of knowledge about anemia prevention, parental education, and socioeconomic status.

Behavior is a set of actions or actions of a person in responding to something and then making it a habit because of the values believed (Uswatun, Hasanah Habibah, suci Herlinda 2022), while support is an effort of encouragement given to someone in the form of morale and material to motivate and encourage others to do something in accordance with the expected goals. Support from family, peers and teachers is an external factor that can support individuals to generate encouragement in achieving goals, this plays an important role in the emergence of motivation given to adolescent girls to consume blood supplement tablets (Abdulsalam Othman et.al. 2023). Where the provision of health information is one of the initial ways in health education in an effort to change health behavior. By providing information, it will increase a person's knowledge. Then with the knowledge possessed will cause awareness to adolescent girls and will cause these young women to behave in accordance with their knowledge (Abdulsalam Othman et.al. 2023).

Several government programs in the 2020-2024 National Medium-Term Development Plan (RPJMN) program are efforts made by providing iron supplements containing 60 mg iron and 400 mcg folic acid, as well as health education on balanced nutrition. The provision of iron is carried out in several places, such as schools, namely the School Health Unit, Puskesmas, through adolescent health services, and integrated adolescent services in the community (Sari et.al. 2022).

Preliminary studies conducted on May 26, 2024 at SMA Negeri 1 Abung Tinggi Lampung Utara from 10 adolescent girls met by researchers, 8 of them experienced mild anemia, namely from 11.0 gr / dL to 11.9 gr / dL, due to the examination of hemoglobin levels when 2 of them were menstruating, 3 had just finished menstruating, 3 were on a diet program so that eating was irregular. Of the 10 adolescent girls, all had non-compliant behavior in taking blood supplement tablets. At school, all students who experience anemia are accustomed to consuming ready-to-eat foods such as batagor, cireng, noodles, meatballs and others, and they say they often consume coffee, tea and other artificial drinks, busy school activities starting from 07.00 WIB - 15.00 WIB then will follow extracurricular activities from 15.00 WIB

- 17.00 WIB, some of them continue with tutoring until 20.00 WIB. All schoolgirls do not take blood tablets given by the health center through the school with various reasons for not knowing how important blood tablets are for adolescent girls, forgetting to drink, and others.

From the above phenomenon, the researcher wants to conduct a study entitled "Factors Affecting Adolescent Behavior Towards Consumption of Blood Addition Tablets in Adolescent Girls at SMA Negeri 1 Abung Tinggi North Lampung Year 2024".

## Objective

The purpose of this study was to analyze the factors that influence the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.

## Method

This type of research is a type of quantitative research with the approach method used cross sectional. Populas, as many as 182 adolescent girls. sample as many as 101 respondents, sample technique using random sampling. The research was conducted on December 02, 2024 at SMA Negeri Abung Tinggi North Lampung. The instrument used was a questionnaire. Data analysis using the Chi-square test.

## Results

### Behavior of Adolescent Girls in Consuming Blood Addition Tablets

**TABLE 1.** Frequency Distribution of Behavior of Taking Blood Additive Tablets in Adolescent Girls at Abung Tinggi State High School, North Lampung in 2024

Category	Frequency	Percentage
Non-compliant	36	35,6%
Compliant	65	64,4%
Total	101	100%

Based on table 1, it is known that out of a total of 101 respondents, the frequency distribution of behavior of taking blood supplement tablets in adolescent girls is the highest in the obedient category as many as 65 respondents (64.4%) and the lowest is the non-compliant category as many as 36 respondents (35.6%).

### Knowledge

**TABLE 2.** Frequency Distribution of Knowledge of Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Category	Frequency	Percentage
Less	23	22,8%
Good	78	77,2%
Total	101	100%

Based on table 2, it is known that out of 101 respondents, the highest frequency distribution of knowledge of adolescent girls is in the good category as many as 78 respondents (77.2%) and the lowest is in the poor category as many as 23 respondents (22.8%).

### Attitude

**TABLE 3.** Frequency Distribution of Attitude in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Category	Frequency	Percentage
Negative	48	47,5%
Positive	53	52,5%
Total	101	100%

Based on table 3, it is known that out of 101 respondents, the highest frequency distribution of adolescent girls' attitudes is the positive category as many as 53 respondents (52.5%) and the lowest is the negative category as many as 48 respondents (47.5%).

### Teacher Support

**TABLE 4.** Frequency Distribution of Teacher Support in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Category	Frequency	Percentage
Less	37	36,6%
Good	64	63,4%
Total	101	100%

Based on table 4, it is known that out of 101 respondents, the frequency distribution of teacher support in adolescent girls is the highest in the good category as many as 64 respondents (63.4%) and the lowest is in the poor category as many as 37 respondents (36.6%).

### Family Support

**TABLE 5.** Frequency Distribution of Family Support in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Category	Frequency	Percentage
Less	43	42,6%
Good	58	57,4%
Total	101	100%

Based on table 5, it is known that out of 101 respondents, the frequency distribution of family support in adolescent girls is the highest in the good category as many as 58 respondents (57.4%) and the lowest is the less category as many as 43 respondents (42.6%).

### Peer Support

**TABLE 6.** Frequency Distribution of Peer Support in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Category	Frequency	Percentage
Less	46	45,5%
Good	55	54,5%
Total	101	100%

Based on table 6, it is known that of the total 101 respondents, the frequency distribution of peer support in the highest adolescent girls is in the good category as many as 55 respondents (54.5%) and the lowest is in the poor category as many as 46 respondents (45.5%).

### Relationship between Knowledge and Behavior of Taking Blood Addition Tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

**TABLE 7.** Cross Table of the Relationship between Knowledge and the Behavior of Taking Blood

Knowledge	Behavior				Total		p (sig)
	Non-compliant		Compliant				
	n	%	n	%	n	%	
Less	10	58,82	7	41,18	17	100	0, 029
Good	26	30,95	58	69,05	84	100	
Total					101	100	

Addition Tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

The results of bivariate analysis of the relationship between knowledge and behavior of taking blood add tablets in adolescent girls at Abung Tinggi State High School in North Lampung were obtained from poor knowledge as many as 17 respondents (100%) and non-compliant behavior as many as 10 respondents (58.82%) and who behaved obediently as many as 7 respondents (41.18%) while good knowledge as many as 84 respondents (100%) and non-compliant behavior 26 respondents (30.95%) and who behaved obediently 58 respondents (69.05%). The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.029 < 0.05$ , so the hypothesis is accepted, which means that there is a relationship between knowledge and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara. Based on the odds ratio test, OR 3.187 was obtained, which means that respondents with poor knowledge have a risk of 3.187 times behaving non-compliant in taking blood supplement tablets compared to respondents who have good knowledge.

### Relationship between attitude and behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Year 2024

**TABLE 8.** Cross Table of Relationship between Attitude and Behavior of Taking Blood Addition Tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Attitude	Behavior				Total		p (sig)
	Non-compliant		Compliant				
	n	%	n	%	n	%	
Negative	14	63,64	8	36,36	22	100	0, 002
Positive	22	27,85	57	72,15	79	100	
Total					101	100	

The results of the bivariate analysis of the relationship between attitudes and the behavior of taking blood tablets in adolescent girls at Abung Tinggi State High School in North Lampung were obtained from negative attitudes as many as 22 respondents (100%) and non-compliant behavior as many as 14 respondents (63.64%) and who behaved obediently as many as 8 respondents (36.36%) while positive attitudes were 79 respondents (100%) and non-compliant behavior 22 respondents (27.85%) and who behaved obediently 57 respondents (72.15%). The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.002 < 0.05$ , so the hypothesis is accepted, which means that there is a relationship between attitude and behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara. Based on the odds ratio test, an OR of 4.534 was obtained, which means that

respondents with a negative attitude had a risk of 4.534 times behaving non-compliant in taking blood supplement tablets compared to respondents who had an attitude in the positive category.

The relationship between teacher support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung Year 2024

**TABLE 9.** Cross Table of Relationship between Attitude and Behavior of Taking Blood Addition Tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Teacher Support	Behavior				Total		p (sig)
	Non-compliant		Compliant				
	n	%	n	%	n	%	
Less Good	9	56,25	7	43,75	16	100	0,061
Good	27	31,76	58	68,24	85	100	
Total					101	100	

The results of the bivariate analysis of the relationship between teacher support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung were obtained from poor teacher support as many as 16 respondents (100%) and behaved non-compliant as many as 9 respondents (56.25%) and who behaved obediently as many as 7 respondents (43.75%) while good teacher support was 85 respondents (100%) and behaved non-compliant 27 respondents (31.76%) and who behaved obediently 58 respondents (68.24%). The results of statistical tests using the chi square test obtained a value of  $p (sig) = 0.061 > 0.05$ , so the hypothesis is accepted, which means that there is no relationship between teacher support and the behavior of taking blood add tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung. Based on the odds ratio test, OR 2.762 was obtained, which means that respondents with poor teacher support had a risk of 2.762 times having non-compliant behavior in taking blood supplement tablets compared to respondents who had teacher support in the good category.

The relationship between family support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung Year 2024

**TABLE 10.** Cross Table of Relationship between Family Support and the behavior of taking blood supplement tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Family Support	Behavior				Total		p (sig)
	Non-compliant		Compliant				
	n	%	n	%	n	%	
Less Good	12	57,14	9	42,86	21	100	0,021
Good	24	30,00	56	70,00	80	100	
Total					101	100	

The results of the bivariate analysis of the relationship between family support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung were obtained from poor family support as many as 21 respondents

(100%) and behaved non-compliant as many as 12 respondents (57.14%) and who behaved obediently as many as 9 respondents (42.86%) while good family support as many as 80 respondents (100%) and behaved non-compliant 24 respondents (30%) and who behaved obediently 56 respondents (70%). The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.021 < 0.05$ , so the hypothesis is accepted, which means that there is a relationship between family support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara. Based on the odds ratio test, OR 3.111 was obtained, which means that respondents with poor family support had a risk of 3.111 times behaving non-compliant in taking blood supplement tablets compared to respondents who had family support in the good category.

Relationship between Peer Support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung Year 2024

**TABLE 11.** Table of the Relationship between Peer Support and the behavior of taking blood supplement tablets in Adolescent Girls at SMA Negeri Abung Tinggi North Lampung Year 2024

Peer Support	Behavior				Total		p (sig)
	Non-compliant		Compliant				
	n	%	n	%	n	%	
Less Good	10	29,41	24	70,59	34	100	0, 352
Good	26	38,81	41	61,19	67	100	
Total					101	100	

The results of the bivariate analysis of the relationship between peer support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung were obtained from poor family support as many as 34 respondents (100%) and behaved non-compliant as many as 10 respondents (%) and who behaved obediently as many as 24 respondents (0%) while good peer support as many as 67 respondents (100%) and behaved non-compliant 26 respondents (%) and who behaved obediently 41 respondents (%). The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.352 > 0.05$ , so the hypothesis is rejected, which means that there is no relationship between peer support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara. Based on the odds ratio test, OR 0.352 was obtained, which means that respondents with poor peer support had a risk of 0.352 times having non-compliant behavior in taking blood supplement tablets compared to respondents who had peer support in the good category.

## Discussion

The relationship between knowledge and behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Year 2024

The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.029 < 0.05$  then the hypothesis is accepted which means there is a relationship between knowledge and behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara

Overcoming anemia can be done by giving blood tablets. Blood supplement tablets are one of the supplements as an intervention in nutritional improvement. If



taken in accordance with the rules of use. Blood supplement tablets (Fe) are sugar-coated tablets that contain iron and folic acid. Iron is important in the formation of hemoglobin in the body so that it can help overcome anemia during menstruation, pregnancy, breastfeeding, growth periods, and after bleeding. Knowledge to overcome the incidence of anemia is needed. Knowledge is the theoretical understanding and behavior that humans have. The knowledge a person has is very important for that person's intelligence. Knowledge can be stored in books, technology, practices and traditions. Knowledge plays an important role in the life and development of individuals, communities or organizations. The way to prevent anemia is to increase knowledge, methods that can be done such as health promotion or counseling with interesting techniques or strategies so that it is easier to understand and increase the knowledge of these adolescents (Rusdiana & Zubaidah, 2024).

Researchers assume that knowledge is a very important part for the formation of a person's actions, where the more age, the more mature and better a person will be in thinking and working. As a person's knowledge increases, the more problems he can face, especially those related to health.

The relationship between attitude and behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Tahun 2024

The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.002 < 0.05, so the hypothesis is accepted, which means that there is a relationship between attitude and behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara.

Attitude is a reaction or response from a person to a stimulus or object. Attitude is not an action or activity, but a predisposition to act that way as an appreciation of the object. factors that can influence the tendency of a positive attitude are mass media, in conveying information. Mass media can carry messages that influence and direct a person's opinion. If the information is strong enough, the positive message will provide a strong basis for judging something. In this day and age, various kinds of information are easily accessible, a smartphone or gadget can provide all the information needed. In addition, information on blood supplement tablets contained in videos can be seen anytime and anywhere so that it can direct the teenager's opinion to have a positive attitude and compliance in consuming Fe tablets (Diatry, Chasani, Aini, & Putri, 2023).

Researchers assume that adolescent girls who have a good attitude will understand that the importance of obeying taking Fe tablets to prevent anemia in adolescent girls. Attitude is a reaction and response that is still closed from a person to an object in accordance with the mental and nervous state of readiness starting from experience which will have a dynamic or directional influence on individual responses to related objects and situations.

The relationship between teacher support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Tahun 2024

The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.061 > 0.05, so the hypothesis is accepted, which means that there is no relationship between teacher support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara.

This study is in line with research conducted by Galuh Pradian Yanuaringsih (2024) with the title *Factors Associated with the Consumption of Blood Addition Tablets in Adolescent Girls*, it was found that based on the analysis test obtained  $0.395 > 0.05$  ( $P \text{ Value} > \alpha$ ) which means that there is no relationship between teacher support and blood tablet consumption.

Teacher support refers to assistance in the form of empathy, appreciation, attention, care, direction, guidance and direct teaching from teachers that is felt by students so as to make students feel valued, cared for, cared for and guided. Teachers are not only teachers but also educators. As an educator, a teacher is responsible for shaping the personality of students. However, today it is often found that students do not find their role models in their teachers. While children are in adolescence or on the verge of adulthood are looking for and longing for exemplary figures and figures who will be accepted and followed in their steps. Teachers are a potential source of support for students as they spend part of their time at school. Subject teachers have the potential to directly contribute to the success of student achievement in these lessons, because teachers are one of the sources of support that students receive in various forms or ways. The forms of teacher support can be in the form of information, advice, experience, model behavior and facilitators of learning in the classroom (Pagiu, Suramas, & Sriwahyuni, 2024).

The researcher assumed that in this study it was found that information support from schools including teachers in the form of counseling about the benefits of foods containing Fe and Fe supplementation was still lacking. Judging from the majority of adolescent girls received sufficient support from teachers regarding adherence to the consumption of blood supplement tablets, but many were not adherent in the consumption of blood supplement tablets, it is possible that the school, teachers have less knowledge about Fe supplementation. Another reason is that teachers have other activities during school hours so they do not have time to provide counseling or monitor adherence to iron supplement consumption.

The relationship between family support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Tahun 2024

The results of statistical tests using the chi square test obtained a value of  $p \text{ (sig)} = 0.021 < 0.05$ , so the hypothesis is accepted, which means that there is a relationship between family support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara.

Family support is one of the success factors in the implementation of TTD administration. Emotions, advice, information, motivation, and understanding conveyed by fellow family members can be referred to as family support. This support is needed in an effort to prevent anemia that occurs in adolescent girls and is expected to increase compliance with taking TTD. Family support is support that can be provided by parents and other family members who live together in the same house. Family support is one of many family functions to shape diet, a neat lifestyle, and family functions in practice. This is one of the most crucial things to determine the implementation of medical programs, because families are considered as people who are often around adolescent girls. Family support can be provided by providing nutritious and iron-laden nutrition as well as reminding the schedule in taking blood supplement tablets (Prayudhistya, Syahadatina Noor, Istiana, Juhairina, & Sterina Skripsiana, 2023).

Researchers assume that it is important for families to consciously provide support in the form of education, warnings, and information to prevent iron deficiency to their adolescent daughters by consuming blood supplement tablets. Regarding the importance of the role and support of the family regarding the behavior of compliance with the consumption of blood supplement tablets, families are also expected to be more open and more concerned about the health of other family members, especially adolescent daughters because adolescent girls are prone to anemia or iron deficiency.

The relationship between peer support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara Tahun 2024

The results of statistical tests using the chi square test obtained a value of  $\rho$  (sig) = 0.352 > 0.05, so the hypothesis is accepted, which means that there is no relationship between peer support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi Lampung Utara.

The results of this study are not in line with research conducted by Ni Putu Dewi Murdani (2024) with the title Relationship between Peer Support and Compliance with Taking Blood Addition Tablets in SMA Negeri 1 Bangli students obtained based on the results of the Chi-Square statistical test obtained a p-value of 0.000 (<0.05), which means that there is a relationship between peer support and compliance with taking blood-added tablets in SMA Negeri 1 Bangli students. This is because compliance with taking TTD in adolescent girls is related to the level of student activeness in participating in organizational activities which makes peer interaction greater which makes students' social insight better. In adolescence, the presence of peers makes individuals able to express their interests and abilities, in this case peers have an influence on each other's behavior.

Peer support is social support provided directly by friends of the same age. In adolescence, the influence of peer groups is very large because adolescents tend to spend time outside the home with their friends, this can affect the mindset of adolescents in their social insight related to self-adjustment to social situations. Peer support for adolescents is very important, this is related to adolescents having a desire to be accepted in their group, what is conveyed by friends or used by friends will make adolescents want to imitate it. Compliance is a change in behavior that obeys the rules. The level of compliance can start from heeding every aspect of the recommendation to complying with the plan (Saraswati, Saraswati, & Sudarsana, 2024).

Researchers assume that in this study the absence of peer support can cause feelings of loneliness and loss, which can interfere with the process of adjusting to problems, the lack of peer social support will lead to feelings of not being accepted and even rejection which has an impact on their psychological state and makes adolescents inferior. The majority of the reasons for adolescent girls not taking TTD are other reasons which include forgetting to drink, being lazy to drink, missing tablets, fear of dependence, feeling not sick, not doctor's advice, and not liking taking medicine. Peers can influence adolescent behavior in relation to adherence to taking TTD in adolescent girls.

## **Conclusion**

1. Based on the results of the study, it is known that out of a total of 101 respondents, the frequency distribution of behavior of taking blood supplement tablets in

- adolescent girls is the highest in the obedient category as many as 65 respondents (64.4%).
2. Based on the results of the study, it is known that out of 101 respondents, the highest frequency distribution of knowledge of adolescent girls is the good category as many as 78 respondents (77.2%).
  3. Based on the results of the study, it is known that out of 101 respondents, the frequency distribution of the attitude of the highest adolescent girls is the positive category as many as 53 respondents (52.5%).
  4. Based on the results of the study, it is known that out of 101 respondents, the frequency distribution of teacher support for adolescent girls is the highest in the good category as many as 64 respondents (63.4%).
  5. Based on the results of the study, it is known that out of 101 respondents, the frequency distribution of family support in adolescent girls is the highest in the good category as many as 58 respondents (57.4%).
  6. It is known that out of 101 respondents, the frequency distribution of peer support in adolescent girls is the highest in the good category as many as 55 respondents (54.5%).
  7. The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.029 < 0.05, meaning that there is a relationship between knowledge and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.
  8. The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.002 < 0.05, meaning that there is a relationship between attitude and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.
  9. The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.061 > 0.05, so there is no relationship between teacher support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.
  10. The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.021 < 0.05, meaning that there is a relationship between family support and the behavior of taking blood supplement tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.
  11. The results of statistical tests using the chi square test obtained a value of  $p$  (sig) = 0.352 > 0.05, meaning that there is no relationship between peer support and the behavior of taking blood tablets in adolescent girls at SMA Negeri Abung Tinggi North Lampung.

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