

COMPLIANCE TO BLOOD SUPPLEMENT TABLETS CONSUMPTION AMONG TEENAGERS HIGH SCHOOL AS AN EFFORT TO PREVENT ANEMIA IN INDONESIA

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ABSTRACT

Aims : Anemia, a global micronutrient issue, affects 30% of the population, particularly in developing countries. Southeast Asia has a high prevalence of anemia, with women of reproductive age experiencing it at 46.6% in 2019. The Indonesian government has implemented a Blood Supplement Tablet program for teenagers, but coverage remains low at 31.1% in 2021. **Objective** : to know the factors that affect compliance in teenagers as an effort to prevent anemia. **Method** : This is a quantitative analytic study with a cross-sectional approach, which population was female students from three schools located in three different provinces in Indonesia. The sample size was calculated using the G-Power Software application, the total sample was found to be 134 which was sorted into three groups with the same proportion. So that each research location got a total sample of 44.67 which was rounded up to 45 samples. **Result** : From this research, it was found that there was a relationship between attitudes and the support of their friends with the level of consumption of Blood Supplement Tablets in teenagers (p value 0.000) in MAN 4 Karawang (West Java), SMA BPS&K 1 Jakarta (DKI Jakarta), and SMAN 1 Siberut Barat Daya (West Sumatra) . Then, there is a relationship between knowledge and the level of compliance with consumption of Blood Supplement Tablets in teenagers (p value 0.000) in SMA BPS&K 1 Jakarta (DKI Jakarta) and SMAN 1 Siberut Barat Daya (West Sumatra). Meanwhile, in MAN 4 Karawang (West Java), there was no relationship between knowledge and the level of compliance of Blood Supplement Tablets consumption among teenagers (p value 0.191). **Conclusion** : There was also an association between parental support and the level of compliance of Blood Supplement Tablets consumption among teenagers (p value 0.000) in MAN 4 Karawang (West Java) and SMA BPS&K 1 Jakarta (DKI Jakarta).

Keywords : Attitude, Blood Supplement Tablets, Compliance, Knowledge, , Parental support

INTRODUCTION

Anemia affects all age groups, particularly Women of Reproductive Age (WUS), with iron deficiency being a common cause. Southeast Asia has a high prevalence of anemia in childbearing women, with cases reaching 46.6% in 2019. Adolescents are more likely to experience anemia, with a higher risk experienced by their daughters due to menstruation.

Indonesia is one of the countries implementing a program regarding the consumption of blood-boosting tablets in schools. However, c_administration of TTD to adolescents women in Indonesia is still very low. Recorded in 2021, c_wings administration of TTD to adolescents women in Indonesia is 31.3%. Temporary that is, coverage administration of TTD to adolescents women in West Java Province in 2021 is 21.8 % , then in DKI Province in 2021 it is 7.6%, and in West Sumatra Province it is 11.5% (Ministry of Health RI, 2022).

Anemia affects all age groups, particularly young women, and can decrease body resistance and productivity. It can also be risky during pregnancy, impacting fetal growth and development, and potentially leading to complications and maternal death.

Anemia can be managed by consuming foods rich in vitamins and minerals, fortifying with iron, and supplementing with iron from blood supplement tablets (TTD), although not

all individuals can consume these foods.

Therefore, in accordance with the Circular of the Director General of Public Health, Ministry of Health HK number. 03.03/V/0595/2016 concerning Administration of Blood Supplement Tablets to Young Women and For women of childbearing age, iron supplementation for young women is carried out through UKS/M at educational institutions (junior high school and high school or equivalent) by determining the day of taking iron tablets together. Which dose administered is one tablet per week throughout the year. The blood supplement tablets (TTD) given are iron folate tablets which in each tablet contain 200 mg of Ferro Sulfate or 60 mg of elemental iron and 0.25 mg of folic acid.

The Blood Supplement Tablet (TTD) supplementation program for young women began in 2014 and is currently one of the specific interventions in an effort to reduce stunting, but the implementation is not effective and there are still many students who are reluctant to take iron supplement given by the puskesmas as an effort to prevent anemia. For this reason, researchers are conducting research related to what influences Adherence to consuming Blood Supplement Tablets in high school female adolescents as an Effort to Prevent Anemia in Indonesia .

METHOD

Cross Sectional approach , to see the relationship between the dependent variable and the independent variable where data collection for the independent and dependent variables is carried out together or all at once. Each research subject was only observed once at a time during the research

This study involved 452 female students from three schools in Indonesia who received blood supplement tablets (TTD) from a health center's program from January to December 2022. The schools included MAN 4 Karawang, BPS&K 1 Vocational High School Jakarta, and SMAN 1 Siberut Barat Daya.

The sample size was determined using the G-Power Software application Version 3.1.6 with the t test with the assumption $\alpha = 0.05$, Effect size = 0.30, Power level = 0.95. The estimated total sample to be recruited is 134 which are then divided into three groups with the same proportions. So that each research group/location obtained a total sample of 44, 67 which was rounded up to 45 samples.

The researcher used primary data and an online questionnaire to gather information on teenager daughters' attitudes towards blood supplement tablets, knowledge about anemia, parental support, and support from friends and peers regarding their consumption.

The study involved students filling in questionnaires, supervised by researchers via Zoom or in-person at school. Data was analyzed using univariate and bivariate methods, focusing on variables like obedience consumption of Blood Supplement Tablets (TTD) and knowledge, attitudes, parental support, and peer support.

RESULTS

Analysis Univariate

Table 1 Distribution Compliance Rate Frequency Consumption of Blood Supplement Tablets (TTD)

Location	Level of Compliance Consumption of Blood Supplementary Tablets (TTD)						Total	
	Tall		Currently		Low		n	%
	n	%	n	%	n	%		
MAN 4 Karawang	19	42,2	10	22,2	16	35,6	45	100
SMA BPS&K 1 Jakarta	5	11,1	13	28,9	27	60	45	100
SMAN 1 Siberut Southwest	12	26,7	7	15,6	26	57,8	45	100
Total							13	10
							5	0

Based on table 1, level obedience k consumption of TTD with category tall the most located at MAN 4 Karawang (Prov West Java) with the number of 19 respondents (42.2%) of the 45 respondents studied , then there were



12 respondents (26.7%) with category level TTD consumption is high in SMAN 1 Siberut Barat Daya (West Sumatra Province) and the lowest is in SMA BPS&K 1 Jakarta (Province DKI Jakarta). only there were 5 respondents (11.1%) with same category.

Table 2 Distribution Frequency Knowledge Teenager Regarding Blood Supplement Tablets (TTD) and Anemia

Location	Knowledge Teenager Regarding Blood Supplement Tablets (TTD) and Anemia						Total	
	Good		Enough		Low		n	%
	n	%	n	%	n	%		
MAN 4 Karawang	16	35,6	22	48,9	7	15,6	45	100
SMA BPS&K 1 Jakarta	13	28,9	14	31,1	18	40	45	100
SMAN 1 Siberut Southwest	3	6,7	17	37,8	25	55,6	45	100
Total							135	100

Same thing with obedience TTD consumption, on variable knowledge is also a category knowledge Good highest located at MAN 4 Karawang (Prov West Java) namely 16 respondents (35.6%), then with the same category in SMA BPS&K 1 Jakarta (DKI Jakarta Province) 13 respondents (28.9%) and the least number located at SMAN 1 Siberut Barat Daya (West

Sumatra Province) , namely only 3 respondents (6.7%) have knowledge Good about TTD and anemia .

Table 3 Distribution Attitude Level Frequency Teenager To TTD supplementation

Location	Adolescent Attitudes Toward Iron Tablets Supplementation				Total	
	Positive		Negative		n	%
	n	%	n	%		
MAN 4 Karawang	20	44,4	25	55,6	45	100
SMA BPS&K 1 Jakarta	9	20	36	80	45	100
SMAN 1 Siberut Southwest	15	33,3	30	66,7	45	100
Total					135	100

Based on table 3 above results study showing that amount attitude respondents _ positive to the most TTD supplementation located at MAN 4 Karawang (Prov West Java) ie as many as 20 respondents (44.4%), then SMAN 1 Siberut Barat Daya (West Sumatra Province) as many as 15 respondents (33.3%) and only there were 9 respondents (20.0%) who behaved positive to iron supplementation at SMA BPS&K 1 Jakarta (DKI Jakarta Province).

Table 4 Frequency Distribution of Parental Support for Iron Tablets Supplementation

Location	Parent Support _ Against TTD Supplementation		Total

		Tall		Low		n	%
		n	%	n	%		
MAN 4 Karawang	4	17	37,8	28	62,2	45	100
SMA BPS&K Jakarta	1	18	40	27	60	45	100
SMAN 1 Siberut Southwest		18	40	27	60	45	100
Total						135	100

Table 4 shows results that in MAN 4 Karawang (Prov West Java) exists as many as 17 respondents (37.8%) who got support tall about iron supplementation from their parents and there were 28 respondents (62.2%) who did not get the support of his parents about TTD supplementation . In Jakarta and Siberut Barat Daya, 40.0% of respondents received strong parental support for iron supplementation, while 60% received low parental support for Total Total Diet (TTD) supplementation.

Table 5 Peer Support Frequency Distribution

Location		Peer Support for Iron Tablets Supplementation				Total	
		Tall		Low		n	%
		n	%	n	%		
MAN 4 Karawang	4	27	60	18	40	45	100
SMA BPS&K Jakarta	1	18	40	27	60	45	100
SMAN 1 Siberut Southwest		18	40	27	60	45	100
Total						135	100

Table 5 above showing that results research at MAN 4 Karawang (Prov West Java) on variables support Friend peer to TTD supplementation was obtained as many as 27 respondents (60.0%) who got support tall about TTD supplementation from Friend peers , and as many as 18 respondents (40.0%) with low support _ about TTD supplementation from Friend his peers.

Analysis Bivariate

Table 6 Distribution Compliance Level Relationship Consumption of Blood Supplement Tablets (TTD) with Knowledge

Research Location	Knowledge	Consumption Compliance Blood Supplement Tablets (TTD)						Total	p.s
		Tall		Currently		Low			
		n	%	n	%	n	%		
MAN 4 Karawang	Good	9	56,3	4	25	3	18,8	16	100
	Enough	9	40,9	5	22,7	8	36,4	22	100
	Low	1	14,3	1	14,3	5	71,4	7	100
Total		19	42,2	10	22,2	16	35,6	45	100
SMA BPS & K 1 Jakarta	Good	5	38,5	8	61,5	0	0	13	100
	Enough	0	0	5	35,7	9	64,3	14	100
	Low	0	0	0	0	18	100	18	100
Total		5	11,1	13	28,9	27	60	45	100
SMAN	Good	3	100	0	0	0	0	3	100



1	En								
Siberut	ou	8	47,1	4	23,5	5	29,4	17	100
Southeast	gh								
Low	Lo	1	4,0	3	12,0	21	84,0	25	100
High	w								
Total		12	26,7	7	15,6	26	57,8	45	100

The study found that there is no significant relationship between level obedience consumption of tobacco and drug use (TDD) among adolescents in MAN 4 Karawang (Prov West Java), with only 58.3% of respondents having good knowledge and high TTD consumption. Statistical tests at SMA BPS&K 1 Jakarta and West Sumatra rejected the hypothesis.

Table 7 Distribution Compliance Level Relationship Consumption of Blood Supplement Tablets (TTD)

Research Location	Attitude	Consumption Compliance Blood Supplement Tablets (TTD)						Total	p.s
		Tall		Currently		Low			
		n	%	n	%	n	%		
MAN 4 Karawang	Positive	17	85	3	15	0	0	20	0.00
	Negative	2	8	7	28	16	64	25	
Total		19	42,2	10	22,2	16	35,6	45	
SMA BPS&K 1 Jakarta	Positive	5	55,6	4	44,4	0	0	9	0.00
	Negative	0	0	9	25,0	27	75	36	
Total		5	11,1	13	28,9	27	60	45	
SMAN 1 Siberut South west	Positive	12	80	3	20	0	0	15	0.00
	Negative	0	0	4	13,3	26	86,7	30	
Total		12	26,7	7	15,6	26	57,8	45	

with Attitude

Table 7 shows that results analysis bivariate connection between attitude teenager to TTD supplementation with level obedience iron consumption consumption in MAN 4 Karawang (Prov West Java) of the 45 respondents studied obtained 17 respondents (85.0%) with attitude positive and have level obedience consumption High TTD too . A study at SMA BPS&K 1 Jakarta found that only 5 respondents (55.6%) had a positive attitude towards level obedience consumption, while 80% of respondents in SMAN 1 Siberut Barat Daya had a positive attitude.

Table 8 Distribution Compliance Level Relationship Consumption of Blood Supplement Tablets (TTD) with Parent Support

Research Location	Parent Support	Consumption Compliance Blood Supplement Tablets (TTD)						Total	p.s
		Tall		Currently		Low			
		n	%	n	%	n	%		
MAN 4 Karawang	Tall	1	76	2	11	2	11	1	0.00
	Low	3	5	8	28	1	50	2	
Total		4	42	10	22	1	35	4	
SMA BPS&K 1 Jakarta	Tall	5	27	12	66	1	5,6	1	0.00
	Low	0	0	1	3,7	2	96	2	
Total		5	11	13	28	2	60	4	
SMA N 1	Tall	8	44	3	16	7	38	1	0.00
	Low	1	4	7	9	8	80	6	
Total		9	48	10	50	15	76	17	

Siberut	4	14,	4	14,	1	70,	2	10
Low	8	8	8	9	4	7	0	
South west								
Total	1	26,	7	15,	2	57,	4	10
	2	7	6	6	8	5	0	

Based on Table 8 shows that results analysis bivariate form connection between parental support _ with level obedience consumption of iron tablets in adolescents in three schools spread across three. Province that is MAN 4 Karawang (Prov West Java) , SMA BPS&K 1 Jakarta (DKI Jakarta Province) and SMAN 1 Siberut Barat Daya (Province West Sumatra) .

The study revealed a significant relationship between parental support and TTD level obedience consumption in adolescents' daughters, with 76.5% of respondents in MAN 4 Karawang and 44.4% in SMAN 1 Siberut Barat Daya having high parental support.

Table 9 Distribution Compliance Level Relationship Consumption of Blood Supplement Tablets (TTD) with Support Friend Peers

Research Location	Support Friend Peers	Obedience Consumption Supplement Tablets (TTD)						Total	p.s	
		Tall		Currently		Low				
		n	%	n	%	n	%			
MAN 4 Karawang	Tall	17	63	6	22,	4	14,	27	0	0.
	Low	2	11,	4	22,	12	66,	18	0	1
		1		2		7		0		0

Total	19	42,	10	22,	16	35,	45	0	1	
		2		2		6			0	
SMA BPS&K 1 Jakarta	Tall	5	27,	13	72,	0	0	18	0	0
	Low	0	0	0	0	27	10	27	0	0
		0				0		0		0
Total	5	11,	13	28,	27	60	45	0	1	0
		1		9						
SMA N 1 Siberut	Tall	7	38,	0	0	11	61,	18	0	1
	Low	5	18.	7	25,	15	55,	27	0	0.
		5	5	9	9	15	6	0	0	0
Total	12	26,	7	15,	26	57,	45	0	1	0
		6		6		8				

Table 9 above is results analysis bivariate connection between support Friend peer to supplementation of Blood Supplement Tablets (TTD) with level obedience consumption of blood supplement tablets (TTD) in adolescents daughter at three schools spread across three _ Province different .

A study in MAN 4 Karawang, Jakarta, and Siberut Barat Daya found that 63.0% of respondents support Friend peers with high levels of obedience and consumption of Blood Supplement Tablets (TTD). In DKI Jakarta, only 27.8% support Friend peers with high levels of obedience. In West Sumatra, 38.9% support Friend peers with high levels of obedience and consumption of TTD. The study suggests a meaningful relationship between TDD consumption and Friend peer support.

DISCUSSION

Compliance Level Overview Consumption of iron tablets in adolescents

The low level of obedience to Blood Supplement Tablets (TTD) consumption among adolescents is a significant health concern, particularly in Indonesia where anemia is prevalent, particularly among girls due to menstruation. The administration of TTD to adolescents in Indonesia is still low, with only 31.3% of respondents having high levels of obedience. This is consistent with studies by Widiastuti and Khamamarnia, which found that urban schoolgirls do not spend enough additional TTDs, especially iron supplements, due to poor digestion and environmental factors. In 2020, Runiari & Hartati found that 58.4% of respondents had low levels of obedience, with a high percentage taking extra TTDs. Adherence to TTDs is crucial for prevention and treatment, and factors such as knowledge, attitude, environment, and trust influence this behavior. Sitorus (2022) identified four possible factors influencing obedience to TTDs: individual factors, environment, power health, and treatment-related factors.

An Overview of Adolescents' Knowledge of TTD and Anemia

The study found that respondents from SMAN 1 Siberut Barat Daya and MAN 4 Karawang in West Sumatra Province had the highest level of low knowledge

about Blood Supplement Tablets and anemia. In contrast, 66 respondents (44.3%) had sufficient knowledge. This suggests that the distribution of health information and education regarding supplementation of Blood Supplementary Tablets and anemia among young women in Indonesia is uneven, possibly due to geographical conditions and health facilities. Disseminating knowledge is crucial for influencing behavior and improving health and quality of life, such as adherence to Blood Supplementary Tablets.

Overview of Adolescent Attitudes Toward Iron Tablets Supplementation

The study found that adolescents in Jakarta have a high negative attitude towards blood supplementation (TTD), with 80% of respondents expressing negative feelings. The majority of respondents in West Sumatra Province have a positive attitude, with 66.7% of respondents expressing positive feelings. This attitude significantly influences adolescents' adherence to the government's program for young women to consume weekly TRD to prevent anemia, which can harm them in adulthood. The findings support the theory that negative attitudes towards TRD contribute to a lack of support for the program.

Description of Parental Support for Iron Tablets Supplementation in Adolescents

A study in three provinces revealed low parental support for young women regarding Blood Supplementary Tablets (TTD) and anemia. In MAN 4 Karawang and SMA BPS&K 1 Jakarta, 62.2% and 60.0% of respondents respectively, respectively, had low parental support. This lack of parental support is attributed to a lack of information about the program for providing iron supplements at schools to prevent anemia in adolescents. Health workers at local facilities should not only facilitate the provision of Fe tablets, but also become communicators about the supplementation to parents, ensuring they support and assist in supervising the consumption of these tablets to prevent anemia.

Overview of Peer Support for Iron Tablets Supplementation in Adolescents

The study found that MAN 4 Karawang (West Java Province) had the highest level of peer support for adolescents consuming blood supplement tablets (60.0%), while SMA BPS&K 1 Jakarta and West Sumatra had only 40%. The aim is to increase female adolescent adherence to tablet supplementation.

Analysis of Relationship Level of Compliance with Knowledge

The study conducted in two schools, SMA BPS&K 1 Jakarta and SMAN 1 Siberut Barat Daya, found a significant relationship between the level of adherence to taking blood supplement tablets (TTD) and knowledge. Three respondents (100%) had good knowledge and high adherence to TTD consumption, while 38.5% had good knowledge and high adherence. This is consistent with previous research on factors related to consumption behavior of Fe tablets during menstruation in young women. According to WHO guidelines, adherence is a form of behavior in taking medication, following a diet, and implementing lifestyle changes. Knowledge plays a crucial role in shaping behavior, and the better a person's knowledge, the better their health behavior. However, the study at MAN 4 Karawang showed no significant relationship between TTD knowledge and knowledge. Consumption is closely influenced by knowledge, but there is an adoption process that involves trial and error. Low motivation and awareness may be the reason for not obedient TTD consumption among young women with good knowledge. Additionally, the lack of interest in consuming TTD as a supplement to prevent or avoid risks of anemia can reduce the attractiveness of young women to take TTD. In conclusion, the study highlights the importance of knowledge and behavioral factors in

determining adherence to TTD consumption among young women.

Relationship Analysis of Compliance Level of Iron Tablet Consumption with Attitude

The study found that out of 45 respondents in three provinces of Indonesia, 17 (85.0%) had a positive attitude and high level of adherence to the consumption of Blood Supplementary Tablets (TTD). This indicates a significant relationship between the level of adherence to TTD and attitudes in young women. A positive attitude towards TTD is associated with higher adherence, as it supports someone's decision to behave. This research aligns with previous studies on the relationship between attitudes and TTD consumption. However, it contradicts previous research on the relationship between attitudes and TTD consumption. The low level of positivity in young women towards TTD is attributed to a lack of understanding, perception, and education about TTDs. Health workers and school support for the program need to be improved to ensure proper coordination and assistance for young women, thereby optimizing the prevention of anemia in young women. The study highlights the need for improved support and coordination in promoting TTD consumption among young women in Indonesia.

Relationship Analysis of Iron Tablet Consumption Compliance with Parental Support

The study analyzed the adherence to blood supplement consumption tablets (TTD) among adolescents in three provinces: MAN 4 Karawang (West Java Province), SMA BPS&K 1 Jakarta (DKI Jakarta Province), and SMAN 1 Siberut Barat Daya (West Sumatra Province). The results showed a significant relationship between parental support and adherence to TTD. Social support, particularly from family members, can influence healthy behavior patterns and habits, passing on normative beliefs to future generations.

Research by Devika Rahayuningtyas, Hilda Novita, Erlina Tri Rahayu, and Zamadi also found a relationship between parental support and the consumption of iron tablets in adolescents. However, research at SMAN 1 Siberut Barat Daya showed no significant relationship between parental support and TTD adherence. Research by Annisa Nuradiani found that most respondents did not receive parental support (61.2%), suggesting that parental support does not guarantee compliance with TTD consumption. Parental support should be provided in full, not just reminding but accompanying them to ensure their children regularly consume the tablets according to the correct schedule and drinking rules.

To increase parental support for TTD, Health Workers at local service facilities should provide information and education to students and parents about the risk of anemia and the importance of supplementation. Schools can also play a crucial role in increasing adolescent adherence to TTD by serving as educators and supervisors. By providing knowledge about anemia and information related to TTD, schools can help promote healthy behaviors and maintain the health of their members.

Relationship Analysis of Compliance Level of Iron Tablet Consumption with Peer Support

The study found a significant relationship between peer support and the level of adherence to taking Blood Supplement Tablets (TTD) in young women. Peer support is a feeling of shared destiny that can influence behavior and actions. Research has shown that young women with high peer support are more likely to consume TTD regularly. Peer support is an important source of social support, affecting young people of the same age. The interaction of friends can also influence beliefs. Research has shown a relationship between peer support and the practice of taking iron tablets for young women. However, this study contradicts previous research, which found no significant relationship between friend support

and consumption behavior of Fe tablets during menstruation.

In conclusion, higher peer support for adolescents regarding TTD supplementation leads to higher adherence to TTD consumption. This is because peers are a group of individuals who are similar in age and thought and act the same. The influence of peer support greatly influences an individual's behavior and actions.

CONCLUSION

The low level of compliance with iron tablets consumption in young women is caused by several factors, including low knowledge about iron supplements and anemia, many adolescents have a negative attitude towards iron supplements supplementation, low parental and peer support for iron supplements in adolescents. Thus it is hoped that the local health workers will play an active role in providing information about the iron supplementation program for both young women and parents and the school. Thus, the level of compliance with iron supplement consumption and the coverage of administration to young women can increase, thereby reducing the incidence of anemia. For future research, it is hoped that it will further develop and increase research on other factors such as teacher support or the role of health workers.

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