

**PENGARUH EDUKASI *PEER GROUP* TERHADAP PENINGKATAN
KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA REMAJA
PUTRI DI SMA NEGERI 1 GODEAN**

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INTISARI

Latar Belakang : Kepatuhan remaja putri mengonsumsi tablet besi masih kurang, asupan zat besi sangat penting untuk mencegah terjadinya anemia. Berdasarkan Risesdas 2018 angka cakupan tablet besi adalah 76,2%, tetapi kesadaran remaja putri pentingnya mencegah anemia dengan mengonsumsi tablet besi masih rendah. Salah satu guna meningkatkan kepatuhan mengonsumsi tablet tambah darah dengan memanfaatkan edukasi *peer group*.

Tujuan : Mengetahui pengaruh edukasi *peer group* dalam upaya peningkatan kepatuhan konsumsi tablet tambah darah remaja putri

Metode : Merupakan penelitian kuantitatif *pre-experimental design* memakai rancangan *One-Group Pretest-Posttest Design*. Populasi seluruh siswi kelas XI SMAN 1 Godean. Teknik pengambilan *simple random sampling* dengan jumlah sampel 58 siswi. Waktu edukasi 40 menit dengan didampingi *peer educator* tiap kelompok. Analisis data menggunakan uji *Wilcoxon*.

Hasil : Kepatuhan konsumsi tablet besi sebelum edukasi pada remaja putri di SMA Negeri 1 Godean kategori tidak patuh sebanyak 51 orang (87,9%) dan patuh sebanyak 7 orang (12,1%), Kepatuhan konsumsi tablet besi setelah edukasi mengalami peningkatan kategori patuh sebanyak 16 orang (27,6%) dan tidak patuh sebanyak 42 orang (72,4%). Pada Uji *Wilcoxon* didapatkan hasil $p=0,013$.

Kesimpulan : Terdapat pengaruh edukasi *peer group* terhadap peningkatan kepatuhan konsumsi tablet tambah darah pada remaja putri SMA Negeri 1 Godean.

Kata Kunci : Kepatuhan, *Peer group*, Tablet Tambah Darah, Remaja Putri

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THE INFLUENCE OF PEER GROUP EDUCATION ON THE ADHERENCE OF IRON TABLET INTAKE IN FEMALE TEENAGERS AT SMA NEGERI 1 GODEAN

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ABSTRACT

Background: The adherence of female teenagers in taking iron tablet is still low, whereas iron intake is very important to prevent anemia, while based on the data of Riskesdas 2018, the rate of iron tablet was 76.2%. One of the efforts to increase the adherence of taking the iron tablet is with peer group education.

Objective: It is finding out the influence of peer group education in increasing the adherence of iron tablet intake of female teenagers.

Method: This research was quantitative pre-experimental using One-Group Pretest-Posttest Design. The population was all of the female students of class XI at SMAN 1 Godean. The sampling technique used was simple random sampling with 58 female students as the sample. The educating time was 40 minutes guided by a peer educator for every group. Meanwhile, the data analysis used Wilcoxon test.

Result: The adherence of iron tablet intake before the education in female teenagers at SMA Negeri 1 Godean was in the category of disobedient with 51 students (87.9%) and in the category of obedient with 7 students (12.1%). The adherence of iron tablet intake increased after the education with obedient category as many as 16 students (27.6%) and disobedient of 42 students (72.4%). In Wilcoxon test, the result was $p=0.013$.

Conclusion: Peer education group influences the increase of iron tablet adherence in female teenagers at SMA Negeri 1 Godean.

Keywords: Adherence, Peer group, Iron Tablets, Female Teenager

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