

---

**THE RELATIONSHIP BETWEEN KNOWLEDGE AND CONSUMPTION OF FE TABLETS WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT MADRASAH ALIYAH AL-MU'AWANAH SIDOARJO DISTRICT**

---

Nabila Putri Octavia, Alfi Maziyah, Tanty Wulan Dari, Loetfia Dwi Rahariyani

Department of Nursing, Poltekkes Kemenkes Surabaya, Surabaya, Indonesia

\*Correspondence : [abilatrivia88@gmail.com](mailto:abilatrivia88@gmail.com)

**ABSTRACT**

*Anemia occurs when the number of erythrocytes is below the standard value, resulting in less blood carrying oxygen supply to all body tissues. Iron deficiency leads to blood loss. One of the preventive measures is taking blood supplement tablets, but knowledge and consumption of Fe tablets are still relatively low. The study aims to analyze the relationship between knowledge and consumption of Fe tablets with the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency. The cross-sectional study was conducted in March 2025 involving 40 female respondents, selected by purposive sampling. Data on knowledge and consumption of Fe tablets were obtained from a questionnaire, while the examination of hemoglobin levels was measured using the Easy Touch Glucose Cholesterol Hemoglobin tool. The results showed that 60% of respondents had good knowledge, 60% regularly consumed Fe tablets, and 62.5% were not anemic. Statistical test analysis was significant, namely the relationship between knowledge and the incidence of anemia ( $p = 0.000$ ) and Fe tablet consumption with the incidence of anemia ( $p = 0.046$ ). In conclusion, increasing good knowledge and consuming Fe tablets tends not to be anemic. Therefore, there is a need for continuous health education and routine health monitoring on an ongoing basis.*

**Keywords:** *Anemia, adolescent girls, knowledge, consumption, Fe tablets*

---

**INTRODUCTION**

Adolescence is classified as a period of transition marking the shift from childhood to adulthood, vulnerability to various health problems such as anemia, growth failure, chronic nutritional disorders and overweight (Merita, M., Hamzah, N., & Djayusmantoko, 2020). Anemia can affect anyone, especially adolescent girls aged 10-19 years. About 20-30% of them face reduced learning achievement and physical activity (productivity). The risk of anemia is that the incidence rate in women exceeds that of men, because iron fulfillment increases due to menstruation and the growth and development

process takes place (Fitriana & Damayanti, 2020).

Anemia is characterized by erythrocyte levels below normal limits (Ministry of Health, 2023). One indicator is hemoglobin levels less than the standard, namely women ( $\leq 12$  g/dl) and men ( $\leq 13$  g/dl) (Lada, N., Kaseh, J., & Astuti, 2023). The effects for adolescent girls are very diverse, ranging from decreased thinking ability, weakened immune system, to decreased fitness which can interfere with sports performance and maximum physical growth.

The causative factors are very complex, such as lack of information, lack of support

from the surrounding environment, and not optimal health services (Rahayu, S., Hidayat, D., & Arifianti, 2019). Knowledge and understanding of anemia plays a crucial role in preventing anemia in the first place, especially for high-risk adolescent girls. Studies show that a thorough understanding of the characteristics, triggers, and various ways to avoid anemia can encourage individuals to take preventive action (Friska Armynia Subratha, 2020).

Steps to prevent anemia include taking iron-rich vitamins, iron supplementation and strengthening nutrition (WHO, 2011 in Fathony, Z., Amalia, R., & Lestari, 2022). Adolescent knowledge also influences eating habits and decisions to take iron supplements (Lestari, 2012 in Angrainy, R., Fitri, L., & Wulandari, 2019).

The number of anemia cases in the world, namely 39.8% of children aged 6 months to 5 years, 37% of pregnant women, 29.9% of women in productive age (WHO, 2019). In Indonesia, the number of cases of anemia among adolescent girls reached 32% and men recorded 20.3% (Kementrian Kesehatan Republik Indonesia, 2019). This condition shows that women's groups, especially adolescents, pregnant women, are more vulnerable to anemia, so they need special attention in prevention efforts.

There are 20 provinces in Indonesia that have anemia incidence due to iron deficiency, such as East Java Province, which is ranked 11th in the case of adolescent anemia (Murdiningsih, 2019). Data from the East Java Provincial Health Office in 2020, states that 42% of adolescent girls in this region are anemic (Iftitah et al., 2022). And a source from Kominfo Sidoarjo, the Anemia rate of adolescent girls in Sidoarjo Regency was high in 2023, reaching 51.6% (12,061 people). The increase in this case in Indonesia is closely related to the low consumption of blood supplement tablets, out of a total of 12.1 million adolescent girls, 8.3 million of them did not consume Fe tablets, which increased the incidence of anemia (Kementrian Kesehatan Republik Indonesia, 2022). Apparently this case is considered one of the

factors that hamper the achievement of the Indonesian Nutrition Status Survey (SSGI) value in Sidoarjo Regency, because the incidence of anemia is still very high. According to information from the School Health Unit Madrasah Aliyah Al-Mu'awanah, some students experience dizziness, weakness, difficulty concentrating and a history of stomach acid during school activities and schools get blood supplement tablets 1 or 2 times a year without counseling so that students and students in 1 month get 2 or 3 tablets.

Based on the data above, the percentage of anemia in adolescent girls is still included in a high percentage with various factors, one of which is described above is knowledge and consumption of Fe tablets in adolescent girls in preventing anemia at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency.

## RESEARCH METHOD

The study applied a cross-sectional method, which takes a relatively short period of time, where observations and measurements of variables are made simultaneously at one time (Sujarweni, 2022). The data collection method is through a questionnaire measuring knowledge and consumption of Fe tablets with the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency.

## RESULT

**Table 1**  
**General data on adolescent girls at**  
**Madrasah Aliyah Al-Mu'awanah, Sidoarjo**  
**Regency in 2025**

General data	Frequency	Presentase (%)
<b>Age (Years)</b>		
15-18 years old	37	92,5
19-20 years old	3	7,5
<b>Class</b>		
10	14	35
11	9	22,5
12	17	42,5

(Source: Primary Data)

Based on table 4.1, the general data of respondents can be described, namely the age of the most respondents, namely 15-18 years old, totaling 37 (92.5%). The class data of 40 young women respondents were grade 10 (35%), grade 11 (22.5%) and grade 12 (42.5%).

**Table 2**  
**Distribution of knowledge of anemia of adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency in 2025**

Knowledge	Frequency	Presentase%
Good	24	60
Enough	14	35
Less	2	5
Total	40	100

(Source: Primary Data)

Table 4.2 shows the results of the knowledge of young women at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency, it can be seen that the majority of students' knowledge is in the good category with a total of 24 (60%) respondents.

**Table 3**  
**Distribution of table Fe consumption among adolescent girls in Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency in 2025**

Fe tablet consumption	Frequency	Presentase (%)
Consumption	24	60
No consumption	16	40
Total	40	100

(Source: Primary Data)

Table 4.3, Fe tablet consumption in adolescent girls shows that the majority of respondents took Fe tablets, namely 24 respondents (60%).

**Table 4**  
**Distribution of anemia incidence in adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency in 2025**

Incidence of anemia	Frequency	Presentase (%)
No anemic	25	62,5
Anemia	15	37,5
Total	40	100

(Source: Primary Data)

Table 4.4, incidence of anemia in adolescent girls, from this data, the majority were not anemic, namely 25 (62.5%) respondents.

**Table 5**  
**Cross tabulation of the relationship between knowledge and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency in 2025**

Knowle dge	Incidence of anemia				Total		P
	Anemia		No anemia		f	%	
	f	%	f	%			
Good	1	2.5	23	57.5	24	60	
Enough	2	30	2	5.0	14	35	
Less	2	5.0	0	0	2	5	0.0
Total	15	37.5	25	62.5	40	100	

(Source: Primary Data)

The results of table 4.5 3x2 contingency table were made to assess the relationship between knowledge and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency, the majority of good knowledge with the category of not anemic as many as 23 (57.5%) respondents, sufficient knowledge with the category of anemia as many as 12 (30.0%) respondents, and lack of knowledge in the anemia category as many as 2 (5.0%) respondents. The asymptotic significance test result of 0.000 ( $p < 0.05$ ) means that there is a significant relationship. However, the Chi Square test output found that 33.3% of the cells had an expected count value  $\leq 5$  of the total cell contents of the row and column combination, so the overall results of the Chi-Square test did not meet the requirements. Therefore, further analysis was conducted using Fisher's Exact Test which showed a significant exact ( $p = 0.000$ ). This shows that  $H_a$  is accepted and  $H_o$  is rejected so that there is a significant relationship.

**Table 6**  
**Cross-tabulation of the relationship**  
**between Fe tablet consumption and the**  
**incidence of anemia in adolescent girls at**  
**Madrasah Aliyah Al-Mu'awanah, Sidoarjo**  
**Regency in 2025**

Consumption of Fe tablets	Incidence of anemia				Total		P
	Anemia		No anemia		f	%	
	f	%	f	%			
Consumption	1	2.5	18	45	24	60	0.46
No Consumption	12	30.	7	17	16	40	
Total	15	37.5	25	62	40	100	

(Source: Primary Data)

From the table, 40 respondents of Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency, the relationship of Fe tablet consumption with the incidence of anemia in adolescent girls with the category not anemic as many as 18 (45%) respondents and not consuming Fe tablets with anemia category as many as 9 (22.5%) respondents. The chi-square results of a significant relationship, asymptotic of 0.046 ( $p < 0.05$ ). In addition, all tests have been met, because none of the cells have an expected count  $\leq 5$ . This shows that  $H_a$  is accepted and  $H_o$  is rejected so that there is a relationship between consumption and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency.

## DISCUSSION

### Knowledge of adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency

The results showed 40 female respondents with good knowledge amounted to 24 students (60%), sufficient knowledge amounted to 14 students (35%) and less knowledge amounted to 2 students (5%). These results obtained the majority of respondents get a fairly good knowledge and the importance of consistent consumption of Fe tablets. Knowledge is one of the key factors that plays a large and very important

role in influencing a person's behavior in an effort to maintain health and improve health status. Adolescents who are equipped with good knowledge are expected to be able to implement a healthy lifestyle, make the right decisions, and take preventive actions to prevent anemia. There are several factors, namely, easy access to health information, both through formal education at school and from health services such as health centers and health campaigns.

These results are in line with research (Ayu lestari, 2020) which states that good knowledge in adolescent girls has a relationship with health education provided regularly by health workers and teachers at school. Likewise, research (Putri et al., 2019) states that adolescents with knowledge and understanding with good results tend to be more aware of the importance of anemia prevention and more compliant with taking Fe tablets.

Based on the discussion above, most of the female adolescent respondents at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency have good knowledge, but there are respondents who are in the sufficient and insufficient categories, therefore the researchers suggest that counseling and health education programs need to be improved, through approaches that are interesting, interactive, and easily understood by adolescents. Thus, although the knowledge of adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency is good, efforts need to be required to be sustainable in counseling, monitoring and providing further access is still needed to prevent anemia.

### Consumption of Fe tablets for adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency

The results of the study obtained with 40 respondents, the majority of 24 (60%) respondents were in the Fe tablet consumption category. This is largely due to various factors affecting the consumption of Fe tablets, such as the lack of support related to understanding the long-term benefits of Fe tablets, lack of support from the surrounding

environment, the absence of a routine consumption monitoring system periodically and the presence of side effects such as nausea. This finding confirms that Fe tablet consumption is not only determined by knowledge, but also by convenience and several existing support system factors. This indicates that the success of the Fe tablet consumption program requires the support of various parties, both from the educational aspect and other factors that support Fe tablet supplementation.

These results are in line with research (Ningrum et al., 2021) which states that in addition to knowledge, motivational factors, risk perception, and social support also affect Fe tablet consumption. Meanwhile, according to Lestari, P & Widyaningsih, (2018) even though adolescents have sufficient information, consumption can remain low if they do not get supervision, do not understand the real risks of anemia, or are also uncomfortable when taking Fe tablets.

Based on the discussion above, it is known that the majority of respondents at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency have taken Fe tablets, so the researcher suggested several strengthening measures. These efforts include continuous, continuous and scheduled counseling. Providing Fe tablets with a direct companion in order to monitor consumption directly after being given, emotional and social approaches involving parents, teachers, and peers, the government or health providers can innovate the taste or shape of Fe tablets that are more comfortable to consume so that adolescents do not feel nauseous or bored, and strengthening the role of teachers or homeroom teachers is given training on the importance of preventing anemia in order to be able to integrate health information in daily life together. These recommendations are expected to not only increase adolescents' consumption of Fe tablets, but also shape healthy behavior in the long run.

### **Incidence of anemia of adolescent girls of Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency**

The results of the study obtained with 40 respondents, found that the majority of 25 (62.5%) respondents were not anemic. This is largely due to several supporting factors, such as good knowledge about anemia and a good understanding of prevention, adequate intake of nutritious foods, especially those containing iron, consumption of Fe tablets although not yet fully routine, support from schools and families in increasing health awareness. This finding confirms that a combination of internal and external factors play an important role in reducing the risk of anemia.

These results are in line with research by Sari R et al., (2021) that adolescents with high knowledge and compliance with iron tablet consumption tend not to experience low blood pressure (anemia). According to Astuti & Lestari, (2018) emphasized that school involvement in school health unit program reports and routine education from health workers can contribute greatly to reducing the occurrence of anemia.

Based on the discussion above, the researchers suggest maintaining and increasing the proportion of adolescents who are not anemic, such as expanding balanced nutrition education, monitoring and educating Fe tablet consumption, providing healthy canteen menus, periodic hemoglobin checks to monitor anemia status, and organizing health counseling. This strategy is expected to be able to shape healthy living behavior in a sustainable manner, so that the prevalence of anemia in adolescents can continue to be reduced in the future.

### **The relationship between knowledge and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency**

The results showed that a 3x2 contingency table was made to assess the relationship between knowledge and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency. Based on the results of the Chi-Square test, it was found that 33.3% of cells, further analysis of Exact Fisher's results were significant at 0.000 ( $p <$

0.05).  $H_a$  is accepted and  $H_o$  is rejected so that there is a significant relationship. A total of 23 (57.5%) respondents with good knowledge were in the category of not anemic. This identifies that knowledge encourages positive behavior in preventing anemia, such as regularly taking Fe tablets, maintaining a balanced nutritious diet, and understanding the importance of iron in the body. And most respondents have received anemia counseling from health workers, respondents also easily find information about anemia on the internet or other media. This can be caused by several possibilities such as, the information they get at a glance and not really understood in depth, still ignoring the importance of anemia prevention because they have not felt the direct impact of the condition, lack of delivery of health material at school in a fun and memorable way, and a less supportive environment.

These results are in line with research (Hidayati et al., 2020) stating that adolescents with good knowledge tend to have a healthy and nutritious diet and regular Fe tablet consumption patterns, so as to prevent anemia. In addition, research (Rahmawati & Lestari, 2021) also shows that health education is important in increasing adolescents' awareness of the importance of consuming iron-rich foods.

Based on the discussion above, researchers suggest that increasing health education through school, family and social media is an important step in reducing the incidence of adolescent anemia. Education about nutritious eating patterns and anemia prevention needs to be continuously promoted so that adolescent girls have a higher awareness of their own health. Interventions in the form of health counseling and healthy eating campaigns in the school environment have proven to be an effective strategy in increasing understanding while forming better eating habits. Thus, the higher the knowledge about anemia and compliance in taking Fe tablets, the risk of anemia can be reduced. In addition, family involvement in providing support plays a major role in the prevention of anemia and no less important the use of social

media as a means of health education can also increase the knowledge of adolescent girls about anemia.

### **The relationship between Fe tablet consumption and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah, Sidoarjo Regency**

The results showed that a 2x2 contingency table was made to assess the relationship between Fe tablet consumption and the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency. Chi-Square results are  $p = 0.046$  ( $p < 0.05$ )  $H_a$  is accepted and  $H_o$  is rejected so that there is a significant relationship. The result is the consumption of Fe tablets with the category not anemic as many as 18 (45%) respondents and no consumption of Fe tablets with anemia category as many as 9 (22.5%) respondents. This shows that adolescents who consume Fe tablets have a lower risk of anemia than those who do not. This may be due to several factors, lack of knowledge about the benefits of Fe tablets, the importance of anemia prevention is also the main cause of non-compliance, some respondents also feel bored or lazy because Fe tablet consumption needs to be done regularly.

On the other hand, some of the adolescents had negative perceptions of Fe tablets, for example, they felt that these tablets only needed to be consumed if they felt weak or sick, so they considered Fe tablet consumption as something that was not important. This may be due to several factors, lack of knowledge about the benefits of Fe tablets, the importance of anemia prevention is also a major cause of non-compliance, some respondents also feel bored or lazy because Fe tablet consumption needs to be done regularly. On the other hand, some of the adolescents had negative perceptions of Fe tablets, for example, they felt that these tablets only needed to be consumed if they felt weak or sick, so they considered the consumption of Fe tablets as something that was not important. In addition, the active involvement of teachers and parents in providing support is also the most important

supporting factor. Collaborative strategies between schools, families, and health workers are expected to strengthen healthy behaviors in adolescents.

These results are in line with the research of (Wulandari et al., 2021) that female students who were accompanied when taking Fe tablets proved to have a higher level of compliance and a lower incidence of anemia than those who were not accompanied. In addition, (Fitriana & Damayanti, 2020) states that providing regular nutrition education can motivate and adhere to taking Fe tablets.

Based on the discussion above, the researcher suggests that factors that influence Fe tablet consumption include the level of knowledge, family support, perceived side effects, and not only the availability of Fe tablets at school but also support from the peer environment or health facilities. Based on the results of the study, most were non-compliant with the anemia category, proving that routine Fe tablet consumption has a positive impact on the prevention of anemia. Therefore, educational efforts and assistance from health workers are very important in increasing Fe tablet consumption and Interventions in the form of education about the importance of Fe tablets, monitoring consumption at school, and providing solutions to reduce the side effects of tablets need to be improved to prevent anemia in adolescent girls.

## CONCLUSIONS AND SUGGESTIONS

### Conclusion

Conclusions regarding the relationship between knowledge and consumption of Fe tablets with the incidence of anemia in adolescent girls at MA Al-Mu'awanah, Sidoarjo Regency:

1. The majority of adolescent girls with good knowledge are not anemic.
2. The majority of adolescent girls who consumed Fe tablets were not anemic.
3. The majority of adolescent girls are not anemic.
4. There is a significant relationship, knowledge and the incidence of anemia.

5. There is a significant association of Fe tablet consumption with the incidence of anemia.

### Suggestion

#### A. For Adolescent Girls

1. Increase understanding independently and in groups about the importance of iron in preventing anemia, both through education in at school and other sources of information.
2. Comply with Fe tablet consumption recommendations according to government recommendations to maintain optimal hemoglobin levels.
3. Implementing a variety of iron-fortified foods.

#### B. For the school

1. Increase the intensity of health education programs related to anemia and the importance of consuming Fe tablets through seminars or routine counseling.
2. Collaborate with health workers to conduct periodic hemoglobin checks to monitor students' anemia status.
3. Supervise and encourage students to take Fe tablets more regularly, which are provided free charge by the schools or health centers.

#### C. For Health Workers and the Government

1. Optimize the effectiveness of Fe tablet supplementation program, especially among adolescent girls, with stricter supervision.
2. Providing a variety of creative, interesting and easy to understand educational media such as videos, animations and social campaigns so that adolescent girls are more motivated to comply with Fe tablets consumption.
3. Conduct periodic evaluation and follow-up studies involving larger samples and using objective methods such as laboratory examination of hemoglobin levels.

## BIBLIOGRAPHY

Angrainy, R., Fitri, L., & Wulandari, V. (2019). *Pengetahuan Remaja Putri*

- Tentang Konsumsi Tablet FE Pada Saat Menstruasi Penganemia. *Jurnal Endurance*, 4(2), 343.  
<https://doi.org/10.22216/Jen.V4i2.4100>
- Astuti, E., & Lestari, W. (2018). Peran Sekolah dan Petugas Kesehatan dalam Pencegahan Anemia pada Remaja Putri. *Jurnal Promosi Kesehatan*, 6(2), 110–116.
- Ayu lestari. (2020). *Hubungan antara Pengetahuan dengan Kepatuhan Konsumsi Tablet Fe pada Remaja Putri di SMA Negeri X Surabaya*. Universitas Airlangga.
- Fathony, Z., Amalia, R., & Lestari, P. P. (2022). Edukasi Pencegahan Anemia Pada Remaja Disertai Cara Benar Konsumsi Tablet Tambah Darah (Ttd). *Jurnal Pengabdian Masyarakat Kebidanan*, 4(2), 49.
- Fitriana, L., & Damayanti, R. (2020). Pengaruh edukasi terhadap peningkatan kepatuhan konsumsi tablet Fe pada remaja putri. *Jurnal Ilmu Kesehatan*, 8(2), 78–85.
- Friska Armynia Subratha, H. (2020). Gambaran Tingkat Pengetahuan Remaja Putri Tentang Anemia Di Tabanan. *Jurnal Medika Usada*, 3(2), 48–52.  
<https://doi.org/10.54107/medikausada.v3i2.75>.
- Hidayati, N., Putri, A. R., & Lestari, D. (2020). Hubungan Pengetahuan dengan Pola konsumsi Tablet Fe pada Remaja Putri. *Jurnal Kesehatan Masyarakat*, 8(2), 100–107.
- Iftitah, O., Hanum, S. M. F., & ST, S. (2022). Incidence of Anemia Reviewed From Daily Diet in Adolescents in Waru Village. *Academia Open*, 6, 1–10.  
<https://doi.org/10.21070/Acopen.6.2022.1692%0D>
- Kementerian Kesehatan Republik Indonesia. (2019). *Laporan Riskesdas 2018 Nasional.pdf*.
- Kementerian Kesehatan Republik Indonesia. (2022). *Laporan Status Kesehatan Remaja Putri: Tantangan Konsumsi Tablet Tambah Darah*.
- Lada, N., Kaseh, J., & Astuti, A. (2023). Remaja Sehat Bebas Anemia dengan identifikasi Kadar Hemoglobin Pada Siswi SMP N 2 Nekamese Kabupaten Kupang Nusa Tenggara Timur. *Jurnal Nusantara Berbakti*, 1(4), 122–126.
- Lestari, P, A., & & Widyarningsih, N. (2018). Hubungan Pengetahuan dan Sikap dengan Kepatuhan Konsumsi Tablet Fe pada Remaja Putri di Kota Semarang. *Jurnal Kesehatan Masyarakat (Undip)*, 6(3), 145–151.
- Merita, M., Hamzah, N., & Djayusmantoko, D. (. (2020). Persepsi Citra Tubuh, Kecenderungan Gangguan Makan Dan Status Gizi Pada Remaja Putri Di Kota Jambi. *Journal Of Nutrition College*, 9(2), 81–86.  
<https://doi.org/10.14710/Jnc.V9i2.24603>
- Murdiningsih, H. (2019). *Faktor-Faktor Yang Mempengaruhi Kejadian Anemia Gizi Besi Pada Remaja Putri Di SMA Negeri 1 Kepanjen Kabupaten Malang* [Malang: Poltekkes Kemenkes Malang H].  
[http://perpustakaan.poltekkesmalang.ac.id/Index.php/Web\\_Kti/Detail\\_By\\_Id/40005](http://perpustakaan.poltekkesmalang.ac.id/Index.php/Web_Kti/Detail_By_Id/40005)
- Ningrum, D. A., Puspitasari, D., & & Fitria, Y. (2021). Faktor-faktor yang berhubungan dengan Kepatuhan Konsumsi Tablet Tambah Darah pada Remaja Putri. *Jurnal Kesehatan Reproduksi*, 8(2), 102–108.
- Putri, D. ., Yuliana, S., & & Rahmawati, T. (2019). Hubungan Pengetahuan dengan Kejadian Anemia pada Remaja Putri di SMA Negeri 2 Yogyakarta. *Jurnal Kesehatan Masyarakat*, 14(2), 112–120.
- Rahayu, S., Hidayat, D., & Arifianti, R. (2019). Anemia pada Remaja Putri: Dampak, Faktor Penyebab, dan Penanggulangannya. *Jurnal Kesehatan Masyarakat*, 10(1), 45–52.
- Rahmawati, I., & & Lestari, S. (2021). Edukasi Gizi dalam Meningkatkan Konsumsi Makanan Kaya Zat Besi pada Remaja Putri. *Jurnal Gizi Dan Kesehatan*, 9(1), 45–52.
- Sari R, N., Putri, E. M., & Lestari, A. . (2021). Pengaruh edukasi terhadap pengetahuan



dan kepatuhan konsumsi tablet Fe pada remaja. *Jurnal Gizi Indonesia*, 9(1), 45–52.

Sujarweni, V. (2022). *Metodologi Penelitian*. Pustakabarupress.

WHO. (2019). *Prevalensi Anemia*.  
[https://www.who.int/Data/Gho/Data/Themes/Topics/Anaemia\\_In\\_Women\\_And\\_Children](https://www.who.int/Data/Gho/Data/Themes/Topics/Anaemia_In_Women_And_Children)

Wulandari, Y., Lestari, S., & Pratiwi, R. (2021). Hubungan Kepatuhan konsumsi tablet Fe dengan status anemia pada remaja putri. *Jurnal Kesehatan Masyarakat*, 9(1), 50–57.