

**FACTORS INFLUENCING ADOLESCENT GIRL'S COMPLIANCE IN CONSUMING
IRON TABLET SUPPLEMENTATION IN RURAL AREAS IN INDONESIA****Hasti Savira Yudiana¹, Hashfi Khairuddin^{2*}**¹Internship Doctor Program, Malingping District Primary Health Care²Internship Doctor Program, Cempaka Putih District Primary Health Care

Email Korespondensi: hasshfi@gmail.com

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Doi: <https://doi.org/10.33024/mnj.v7i1.16473>**ABSTRACT**

Anaemia is common among adolescent girls due to the accelerated growth and development of their bodies during puberty, which necessitates sufficient nutritional intake. In addition, young women also undergo menstruation, which results in significant monthly blood loss, hence doubling the requirement for iron during this period. According to the 2018 Ministry of Health research findings, 76.2% of teenage girls have been given iron tablet supplements. However, out of this group, only 1.4% of teenage girls have taken 52 or more iron tablet supplements. Therefore, there is still a significant number of teenage girls who are experiencing anaemia. Discover the level of compliance to iron tablet supplementation among young women and the factors that impact it in the rural areas of Indonesia, specifically in Kersaratu Village, Malingping District. The investigation will employ descriptive methodologies. The population for this study comprised all 22 students in the seventh grade at Malingping 3 Junior High School. The research sample comprised 12 female students who were in the 7th grade at Malingping 3 Junior High School and matched the specified inclusion criteria. The sample approach was conducted utilising the method of total sampling. The data collected from participants' responses to the questionnaire were subsequently processed and analysed using the SPSS 26.0 software. Based on the examination results, Malingping 3 Junior High School had a total of 12 female students with anaemia at the initial visit. Among them, 7 individuals (58.3%) had mild anaemia, while 5 individuals (41.7%) had moderate anaemia. During the second visit, there was a notable decrease in the number of female students who had anaemia, with only one student (8.3%) still experiencing this condition. During the initial visit, the compliance score was relatively low, with just 41.7% of female students adhering to the recommended iron tablet supplementation. During the second visit, the level of compliance rose to 58.3%. Out of the total number of students, specifically eight female students, which accounts for 66.7% of the group, demonstrated a commendable degree of understanding of anaemia. According to the survey, 75% of female students reported receiving assistance from teachers in taking iron tablet supplements, whereas only 25% reported receiving support from their parents. The level of compliance with the consumption of iron tablet supplementation among young women is mostly influenced by the quality of teacher support. Adhering to a regular intake of iron tablet supplements can have a significant impact on the anaemia status of young women.

Keywords: Anemia, Adolescent Girls, Management, Factors, Rural

INTRODUCTION

Anaemia is a significant global health issue, particularly in developing nations such as Indonesia. The global prevalence rate of anaemia ranges from 40-48%. (Proverawati & Wati, 2011) According to data from the Indonesian Ministry of Health (2012), the rates of iron deficiency anaemia in Indonesia are as follows: 40.5% in toddlers, 50.5% in pregnant women, 45.1% in postpartum moms, 57.1% in adolescent girls aged 10-18 years, and 39.5% in women of reproductive age (19-45 years). Based on this age group, adolescent girls between the ages of 10 and 18 are at the most risk of experiencing anaemia. (Gunatmaningsih, 2007)

Anaemia is common among adolescent girls due to the accelerated growth and development of their bodies during puberty, which necessitates sufficient nutritional intake. In addition, young women also undergo menstruation, which results in significant monthly blood loss, hence doubling the requirement for iron during this period. Conversely, young women frequently go on a dietary regimen to uphold their physical attractiveness, achieved by limiting their consumption of animal protein, a significant source of iron. (Gunatmaningsih, 2007; kementrian kesehatan republik indonesia, 2018; kurnadi, 2021)

An initiative undertaken by the Indonesian government to combat anaemia in adolescent girls involves the provision of iron tablet supplementation through educational institutions. This programme is described in the guideline for managing nutritional anaemia in teenage girls and women of reproductive age, published by the Ministry of Health of the Republic of Indonesia in 2006. Despite its long duration, this

programme still encounters numerous challenges, particularly with the adherence of adolescent females to the consumption of iron pill supplements. According to the 2018 riskesdas data, 76.2% of young women have received iron tablet supplementation. However, only 1.4% of these young women have eaten iron tablet supplementation for at least 52 items (1 tablet per week for a year). Therefore, there are still a significant number of young women who are not receiving enough iron supplementation. (ramlah et al., 2022)

Previous publications have identified various factors that can affect the adherence of young women to take iron pill supplements, including both internal and environmental aspects. Internal influences arise from the young woman herself, including her understanding of anaemia. Concurrently, external or environmental influences, such as the assistance provided by instructors and parents. (Kementrian Kesehatan Republik Indonesia, 2018; Nuradhiani et al., 2017; Putra et al., 2020; Putri et al., 2017)

LITERATURE REVIEW

A body condition known as anemia occurs when the hemoglobin (Hb) level in the blood is below normal. Age and gender differences are usually associated with normal hemoglobin levels. Hemoglobin levels below 13 g/dl are typically used to diagnose anemia in men, teens, and adults; for women, the threshold is less than 12 g/dl. A body condition known as anemia occurs when the hemoglobin (Hb) level in the blood is below normal. Age and gender differences are usually associated with normal hemoglobin levels. Hemoglobin levels below 13

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Young women who suffer from anemia may experience a number of short- and long-term harmful effects. Short-term effects of anemia on young women include stunted growth, diminished endurance, and impaired concentration, which will lower learning achievement. Adolescent girls with anemia will eventually face consequences when they get pregnant and give birth, including a higher chance of maternal death in the event of preterm and postpartum hemorrhage as well as a higher risk of morbidity and mortality among newborns and infants. (Kementrian Kesehatan Republik Indonesia, 2018; Listiana, 2016)

As required by Presidential Regulation Number 42 of 2013 about the National Movement for the Acceleration of Nutrition Improvement, which aims to save 1000 First Days of Life, and the Minister of Health Regulation Republic of Indonesia Number 88 of 2014 about iron tablet supplementation standards for women of reproductive age and pregnant women, the government provides iron tablets to teenage girls and women of reproductive age in an effort to prevent and reduce the number of them developing anemia. (Abdillah et al., 2023; Kementrian Kesehatan Republik Indonesia, 2018; Ramlah et al., 2022)

Global recommendations state that iron tablets (30-60 mg of elemental iron) should be provided daily to teenage girls and women of reproductive age for three months straight within a year in places where the prevalence of anemia is $\geq 40\%$ (WHO, 2016). In contrast, 60 mg

of elemental iron and 2800 mg of folic acid are supplemented once a week to locations where anemia prevalence is $\geq 20\%$. (Kementrian Kesehatan Republik Indonesia, 2018)

76.2% of young women have gotten iron tablet supplementation, according to 2018 Ministry of Health research results; however, just 1.4% of young women have taken iron tablet supplementation ≥ 52 items (1 tablet per week for a year). Many young ladies have anemia due to low student compliance with taking iron tablet supplements. (Ramlah et al., 2022)

The two primary factors that impact adherence to iron tablet use are those related to health professionals (providing iron tablet supplementation and monitoring iron tablet supplementation) and individual factors like awareness of iron tablet consumption. A number of factors, including the knowledge that young women possess regarding the advantages of taking Fe pills and the anemia they experience, as well as external support from family and educators, impact their personal factors.. (Nuradhiani et al., 2017; Yuniarti et al., 2015)

Since information has a significant impact on how people behave, it is one of the predisposing elements that can affect how someone uses iron tablets as a supplement. Any information that a person learns from sources outside of themselves and is paired with comprehension of that information is considered knowledge. Teenagers believe there is no need for them to take Fe pills since they don't understand how important they are for them. (Nuradhiani et al., 2017)

Support from parents and educators plays a crucial role in encouraging students to take iron supplements as directed. In an effort to remind people to take iron tablet supplements as directed, family

support—especially from parents—is included. Teachers play a critical role in ensuring that young women take iron tablets as directed since they spend a greater proportion of their daily lives in school than at home. Teachers who support and educate young women about iron tablet supplementation and remind them to do so can help foster a positive attitude in them that will lead to positive behavior, such as following instructions and taking iron tablets as directed. (Listiana, 2016; Nuradhiani et al., 2017).

This study aims to examine the extent to which young women comply with iron tablet supplementation and the factors that impact their adherence. The elements that influence young women's anaemia awareness and support in rural parts of Indonesia, particularly in Kersaratu Village, Malingping District, include their understanding about anaemia and the level of assistance they receive from teachers and parents.

METHOD

Descriptive methodologies will be used in this research. The 22 pupils of class VII at Malingping 3 Junior High School made up the study's population. Twelve female students from Malingping 3 Junior High School's class VII who satisfied the inclusion requirements made up the sample for this study. The entire sampling approach was used to carry out the sampling technique.

Teenage girls with anemia in class VII of Malingping 3 Junior High School who are willing to participate in the study and take part in Hb (hemoglobin level) tests in January and March 2023 are among the inclusion criteria. Teenage girls with comorbid conditions such as persistent inflammation, infection, or cancer are among the excluded groups.

Both primary and secondary data sources provided the data. The monitoring card, which the teacher signed after the female students took iron tablet supplements each day in class, was used to collect primary data about the degree of compliance with iron tablet supplementation consumption. For one month, subjects are required to take one iron tablet supplementation daily. If they take in more than 75% of the prescribed pills, they are deemed compliant; if they take in less than 75%, they are deemed non-compliant. In the meantime, respondents to questionnaires that had undergone validity and reliability tests provided information on subject characteristics, knowledge level, and assistance from parents and teachers. Nutrition program holders provided secondary data on the prevalence of anemia in the Malingping Community Health Center operating area and preliminary data on the Hb levels of female students at Malingping 3 Junior High School.

Three visits to Malingping Junior High School were used to gather data. On January 10, 2023, the program holder made their first visit. An initial hemoglobin test, iron tablet supplementation, and anemia education were among the actions that were conducted. Following the female students' administration of iron pill supplementation, researchers and program administrators conducted the second and third visits on February 14 and March 15, 2023. An first questionnaire was given out at the second appointment. subsequently gave out iron tablet supplements once more along with consumption tracking cards, which need to be completed over the course of the following month. HB checks were performed once more, final

questionnaires were given out, and iron tablet supplementation intake monitoring cards were gathered during the third visit.

Age, menstruation state, anemia status, knowledge, compliance, and reinforcing factors—teacher and parent support—will all be investigated. Information on these variables will be gathered via questionnaires given to respondents. The degree of hemoglobin (Hb) in the blood

determines the anemia status, which is classified as follows: mild anemia (Hb 11.0-11.9 g/dL), moderate anemia (Hb 8-10.9 g/dL), severe anemia (Hb < 8.0 g/dL), and no anemia (Hb \geq 12 g/dL). Following data collection from respondents' questionnaire responses, the SPSS 26.0 program was used to handle and analyze the data. Tables with the analysis results are displayed.

RESULT

Table 1. Characteristics of Adolescent Girl

Characteristics	Total	
	N	%
Age		
12 years old	7	58,3
13 years old	4	33,3
14 years old	1	8,3
Menstrual Status		
Already	8	66,7
Not yet	4	33,3

The characteristics of teenage girls enrolled in the seventh grade at Malingping 3 Junior High School are displayed in Table 1. The age range of the respondents, according to the research data, was 12 to 14 years

old, with 58.3% of the respondents being 12 years old. Among the twelve female pupils, almost half (66.7%) had gone through menstruation.

Table 2. Anemia Status of Adolescent Girl

Anemia Status	Total	%
First Visitation		
Not anemic	0	0
Mild anemia	7	58,3
Moderate anemia	5	41,7
Severe anemia	0	0
Second Visitation		
Not anemic	11	91,7
Mild anemic	1	8,3
Moderate anemic	0	0
Severe anemic	0	0

The results of a Hb test conducted on young ladies at

Malingping 3 Junior High School using a digital hemoglobinometer are

displayed in Table 2. The degree of hemoglobin (Hb) in the blood determines the anemia state, which can be classified as follows: no anemia Hb ≥ 12 g/dL indicates mild anemia; Hb 11.0-11.9 g/dL indicates moderate anemia Whereas severe anemia is defined as less than 8.0 g/dL, Hb is between 8 and 10.9 g/dL. The examination's findings demonstrated that, at the time of

the initial visit, 12 female students at Malingping 3 Junior High School had anemia, with 7 individuals (58.3%) having mild anemia and 5 individuals (41.7%) having moderate anemia. On the other hand, just 1 student (8.3%) remained anemic on the second visit, a considerable drop in the number of female students experiencing anemia.

Table 3. Knowledge Level of Adolescent Girl Regarding Anemia

Knowledge	Total	%
Bad	4	33,3
Good	8	66,7
Total	12	100

Table 3 indicates that 8 (66.7%) of the female students knew a good deal about anemia. The young

woman's level of knowledge is considered good when her score is higher than the average of 55.5.

Table 4. Level of Compliance with Iron tablet supplementation Consumption

Compliance Level	Frequency	%
First Visitation		
Obedient	5	41,7
Disobedient	7	58,3
Second visitation		
Obedient	7	58,3
Disobedient	5	41,7

Only 41.7% of female students complied with taking iron tablet supplementation on the initial visit, as shown by Table 4's poor

compliance score of the 12 respondents. Upon the second visit, the percentage of compliance rose to 58.3%.

Table 5. Reinforcing Factors Consuming Iron tablet supplementation

Faktor <i>Reinforcing</i>	Frekuensi	%
Teacher support		
Good	9	75,0
Not enough	3	25,0
Parents support		
Good	3	25,0
Not enough	9	75,0

The results in Table 5 pertains to the elements of parental and teacher support in relation to young women's usage of iron pill

supplements. During the third visit, data was gathered through a questionnaire. The findings revealed that 75% of female students reported

receiving assistance from teachers in regards to taking iron tablet

supplements, whereas only 25% felt supported by their parents.

DISCUSSION

This study included a group of 12 adolescent females who were diagnosed with anemia (hemoglobin levels below 12 g/dl) at Malingping 3 Junior High School. Out of the 12 female students, their ages range from 12 to 14 years, with the majority being 12 years old. This is consistent with other prior studies indicating that early adolescence is a frequent period for anemia in young females. This is likely because their growth during this time is more rapid compared to middle and late adolescence, which requires increased quantities of nutrients, including iron. (Arumsari, 2008)

Another factor contributing to the susceptibility of anemia in early adolescence is the onset of menstruation, which typically occurs at this stage of life. Multiple prior research have established a notable correlation between menstruation status and anemia status, suggesting that individuals who menstruate are more prone to experiencing anemia compared to those who do not menstruate. Dillon's research (2005) and Riskesdas indicate that the mean age of menarche for Indonesian women is 12 years. (Abdillah et al., 2023; Arumsari, 2008) During the onset of menarche, individuals are typically prone to experiencing menstrual difficulties or disorders, with one of the most prevalent being menstrual cycle abnormalities. Menstrual cycle problems, such as shortened cycles and increased blood flow, can lead to more iron loss and result in anemia. (Juliana et al., 2019) These findings align with the results of this study, which indicate that 66.7% of the 12 female students who had anemia had also

undergone menstruation, as shown by the collected data.

Knowledge refers to the accumulation of external information that an individual acquires, followed by a comprehension of the acquired knowledge. Knowledge is a crucial determinant of an individual's behavior and behaviors. (Sutanti et al., 2016) The survey findings indicated that a significant proportion of participants had a commendable level of knowledge (66.7%). The findings of this study align with the research conducted by Nuradhiani A. et al., which concluded that there is no correlation between knowledge and the use of iron pill supplementation among young women. Despite the fact that most female students possessed a satisfactory level of knowledge, the prevalence of anemia remained elevated and the adherence to consuming iron tablets as a supplement remained low prior to the intervention. (Nuradhiani et al., 2017) Contrary to the findings of Budianto and Fadhilah (2016), this study does not support the idea that there is a correlation between knowledge and the occurrence of anemia. (Budianto & Fadhilah, 2016) The reason for this may be that data collection on students' knowledge on anemia was only conducted during the second meeting, which took place after counseling on anemia had been provided by the community health center during the initial visit.

Multiple prior research have demonstrated a notable correlation between the intake of iron tablet supplements and the occurrence of anemia. (Putri et al., 2017; Yuniarti et al., 2015) Widiastuti A. et al.

(2019) found that adolescent females who do not take iron supplements are 2.047 times more likely to develop anemia than those who do. (Widiastuti & Rusmini, 2019) This is consistent with the results of this study. During the first visit, when the percentage of adherence to iron pill supplementation was still low at 41.7%, the prevalence of anemia among young girls at Malingping 3 Junior High School was significantly high. Out of the 20 female students checked, 12 were found to be suffering from anemia. During the second meeting, following the implementation of the intervention, the rate of compliance rose to 58.3%. Upon retesting for Hb levels, it was seen that only one female student remained anemic, while 11 female students exhibited an increase in Hb levels exceeding 12 g/dl.

The intervention conducted during the second visit in this study involved distributing iron tablet supplementation and monitoring cards. These cards were to be completed by the teacher after the female students took the iron tablets daily at school, under the teacher's supervision. On the third visit, we examined the monitoring cards and handed out questionnaires to every female student in order to assess the involvement and assistance of teachers in the use of iron tablet supplements. Based on the analysis of questionnaire data, it was shown that 75% of female students reported receiving help from teachers in regards to taking iron tablet supplements. According to the monitoring card, 58.3% of students took iron pill supplementation tablets, which made up almost 75% of all the tablets provided. This suggests that the kids were compliant with taking the tablets. According to a study conducted by Dhikale et al. (2015) in India, it was

found that 70.1% of young women in India used iron tablet supplements due to the assistance provided by their professors. (Dhikale et al., 2015) In addition, similar research conducted in the Philippines has found that the extent to which kids comply with consuming iron tablet supplements is greatly influenced by the monitoring offered by instructors. (Risonar et al., 2008) Teachers are considered important and feared figures for schoolchildren, so female students are more able to receive information and follow what their teachers say compared to other parties. (Nuradhiani et al., 2017)

Only 25% of female students perceive parental support for taking iron tablet supplementation. Previous research have concluded that there is no correlation between parental support and the willingness of female students to take iron pill supplements. This can be attributed to various factors, such as teenage girls spending increased hours at school on a daily basis, parents who merely remind them without ensuring actual consumption of iron tablet supplementation, leading to a lack of motivation for the subject to adhere to the recommended intake of iron tablet supplementation. In addition to that, it can also be attributed to the inadequate education of certain parents. The level of education that parents have will directly correspond to their level of awareness and knowledge regarding health, specifically in relation to anemia. (Notoatmodjo, 2003; Nuradhiani et al., 2017; Widiastuti & Rusmini, 2019)

CONCLUSION

Several variables can impact the extent to which adolescent girls adhere to iron tablet supplementation. The most

influential element on young women's compliance with iron tablet supplementing use is the quality of teacher support. Adolescent girls' anemia status might be influenced by their adherence to a proper regimen of iron tablet administration.

It is hoped that future research will focus on adherence to iron tablet supplementation in adolescent girls, with a larger sample size. This will allow for the identification of factors that can increase adherence in adolescent girls, which can then be applied across Indonesia. The ultimate goal is to effectively treat anemia in adolescent girls and women of reproductive age.

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