The Relationship Between Knowledge and Compliance with Blood Supplement Tablets Consumption in Adolescents at SMAN 1 Seyegan

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ABSTRACT

Background: Globally, anemia remains a significant issue in the health sector. In 2013, the prevalence of anemia among adolescent girls was approximately 37.1%, which increased to 48.9% in 2018. Objectives: This study aims to identify the correlation between the knowledge of adolescent girls and their compliance with consuming iron tablets at SMAN 1 Seyegan. Methods: A quantitative method with a cross-sectional approach was chosen for this study. Random sampling was used for sample collection, and data analysis was conducted using the Chi-Square test. Results: The Chi-Square test analysis yielded a p-value of 0.000 (p<0.05) and a Contingency Coefficient of 0.561, indicating a moderate relationship between the two variables. Conclusion and Recommendations: A correlation between adolescent girls' knowledge and compliance with consuming iron tablets at SMAN 1 Seyegan has been identified. It is recommended that knowledge about anemia and compliance with iron tablet consumption be enhanced.

Keywords: Anemia, Women Adolescents, Blood Increasing Tablets

1. INTRODUCTION

Anemia remains a serious issue in the global health sector. Anemia is identified as a condition in which hemoglobin (Hb) levels in the blood component are below the normal threshold. Statistics in Indonesia show an increasing prevalence: according to Riskesdas data in 2018, the prevalence of anemia in adolescent girls increased from 37.1% in 2013 to 48.9% in 2018. The Indonesian Ministry of Health (2018) also noted that the highest prevalence of anemia was found in the age group of 15-19 years, which was 38.5%.

The Ministry of Health has issued a circular with the number hk. 03.03/v/0595/2016 relating to the distribution of blood supplement tablets to women of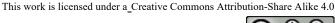 childbearing age and adolescent girls. This initiative to provide blood supplement tablets is a strategic effort made by the government to combat anemia. This step is implemented through a socialization process that aims to ensure compliance in consuming blood supplement tablets and increase knowledge about the importance of iron intake for adolescent girls

Prevention of Iron Nutritional Anemia in adolescent girls can be done through the consumption of blood supplement tablets, with a dose of one tablet per week. Through the distribution carried out by Puskesmas through schools, the success of giving these tablets has reached an achievement rate of 80.9% each year. There is a significant relationship between knowledge and compliance in taking blood

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supplement tablets with anemia status among adolescents. In-depth knowledge about anemia and nutrition has the potential to influence adolescents' dietary choices, which can directly contribute to anemia prevention. Similarly, adherence to taking blood supplement tablets was consistently correlated with improved hemoglobin levels among adolescents (Agustina *et al.*, 2019).

The blood supplementation tablet program was designed as a government strategy to address the problem of anemia. Generally, this supplementation program is aimed at junior and senior high school students or equivalent. Through cooperation with schools, puskesmas distribute these tablets with the rule of consuming one tablet per week, so that a total of four tablets are required each month. This activity lasts for one year or 52 weeks, as reported in Riskesdas (2018).

Based on research from Soekardy (2023), it has been suggested that the level of knowledge and compliance in the consumption of Blood Additive Tablets by adolescent girls has an important role in controlling the incidence of Anemia among them. Low adherence to taking iron supplements, such as Blood Addition Tablets, is often hampered by feelings of boredom or aversion caused by the unpleasant taste or smell of the tablets. In addition, some young women experience side effects, including nausea and heartburn, after taking these products.

Research conducted by Faizah NN, (2022) revealed that several factors contribute to adolescents' compliance in taking drugs, including knowledge, attitudes, side effects of the drugs used, as well as support from family and health workers. This compliance is strongly influenced by the level of knowledge because the awareness of students to follow the recommendations for taking TTD drugs is inseparable from the information they get about the importance of these drugs. Lack of knowledge about TTD has the potential to reduce the compliance of adolescent girls in consuming it, even though compliance is essential for the prevention of anemia among adolescents.

Research conducted by Desita putri *et al.*, (2017) revealed several factors contributing to the prevalence of anemia, including knowledge, diet, and adherence to taking blood supplement tablets. A total of 37% of the adolescent girls in the study were diagnosed with anemia. Factors influencing the occurrence of anemia included both nutrition knowledge and adherence to taking blood supplement tablets. Adequate nutritional status in adolescent girls was associated with adequate nutritional knowledge and adherence to taking blood supplement tablets.

Based on the Initial Study conducted on May 3, 2023, data was collected through interviews with five adolescent girls at SMAN 1 Seyegan. Of the five adolescents, four of them had a limited understanding of Blood Addition Tablets, while one adolescent had a fairly good understanding of the tablets. Furthermore, it was revealed that only one adolescent showed compliance in taking the Blood Addition Tablet, while the other four adolescents did not comply with its use. Reasons for their non-compliance included lack of knowledge about the benefits of the tablets and discomfort with the taste and perceived side effects.

2. RESEARCH METHOD

This research was applied using a quantitative approach, a method that relies on the principles of positivism. This method is adopted to analyze a specific population or sample. Data is collected through the use of predetermined research instruments, and data analysis is carried out with statistical or quantitative techniques. The main purpose of this approach is to verify the hypothesis that has been formulated previously (Sugiyono, 2017). This study was conducted using the Cross-Sectional method, to assess the relationship between disease and risk factors or exposure (Buchari Lapau, 2015).

In the research conducted, there were 70 adolescent girls as subjects involved. The sampling method used was random sampling, namely the selection of samples carried out by simple randomization, The instrument in the study used a questionnaire to measure the relationship between adolescent girls'

knowledge and compliance with the consumption of blood supplement tablets, the questionnaire used was a questionnaire adopted in previous research, namely research (Andika, 2022) and (Ketut et al., 2019) has been carried out validity and reliability tests in previous studies. This questionnaire is arranged on a Guttman Scale measurement scale this measurement scale will get a firm answer with only two intervals, namely "true and false". For bivariate analysis in this study, non-parametric statistical methods were used with the application of the Chi Square correlation test, where the level of significance set was α less than 0.05. The ethical validity of this research has been authorized by Aisyiyah University Yogyakarta, with the issuance of ethical number No.3299/KEP-UNISA/XII/2023.

3. RESULT AND DISCUSSION

Tabel 1. Frequency Distribution of Respondent Characteristics Based on Age

	Characteristic	F	%
Age	15 Years	6	8,6
	16 Years	23	32,9
	17 Years	37	52,9
	18 Years	4	5,7
	Total	70	100

Table 1 shows that most of the respondents, totaling 37 people or 52.9%, were at the age of 17 years, according to the frequency distribution of respondent age characteristics.

Tabel 2. Frequency Distribution of Respondents' Characteristics Based on the Source of Information on the Consumption of Blood-Added Tablets

	Characteristic	F	%
	Parents	11	15,7
	Teachers	18	27,1
Resources	Internet	11	15,7
	Health workers	16	24,3
	Friends	12	17,1
	Total	70	100

Table 2 illustrates the distribution of respondents' characteristics regarding the most frequently used source of information to learn about taking blood supplement tablets. From the data, it is known that teachers are the main source of information for 18 out of 27.1% of respondents.

Tabel 3. Frequency distribution of adolescent girls' knowledge

No	Knowledge	F	%
1.	Good	22	31,4
2.	Enough	9	12,9
3.	Less	39	55,7
	Total	70	100

Based on the data collected and presented in table 4.3, it was revealed that the majority of adolescent girls, with a total of 39 people or 55.7%, showed a low level of knowledge about anemia, 22 people or 31.4% had a good level of knowledge about anemia and 9 people or 12.9% had a moderate level of knowledge about anemia.

Tabel 4. Frequency Distribution of Adherence to Blood Addition Tablet Consumption

No	Compliance	F	%
1.	Obedient	27	38,6
2.	Non-compliant	43	61,4
	Total	70	100

Table 4 and Table 5 shows that the majority of adolescent girls were not compliant in taking blood supplement tablets recorded as many as 43 respondents, or 61.4% and as many as 27 respondents complied with taking blood supplement tablets or 38.6%.

Tabel 5. Cross Table Distribution of Relationship between knowledge and compliance of blood supplement tablet consumption at SMAN 1 Seyegan

Level of Knowledge	Consumption compliance TTD				Amount		p value
	Patuh		Tidak Patuh				
	F	%	F	%	F	%	
Good	19	86.4	3	13.6	22	31.4	0.000
Enough	3	33.33	6	66.7	9	12.9	
Less	5	38.6	34	87.2	39	55.7	
Total	27	38.6	43	61.4	70	100	

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Data analysis using Chi Square test on the cross table in table 3, identified that out of 70 adolescent girls at SMAN 1 Seyegan, there were 39 respondents (55.7%) who had insufficient knowledge about adherence to blood supplement tablets consumption. A total of 34 respondents (48.6%) showed non-compliance in taking blood supplement tablets. On the other hand, 22 respondents (31.4%) showed good knowledge and 19 respondents (27.4%) were recorded as compliant in consuming blood supplement tablets. The significant result of this test was recorded at p value = 0.000, which shows a significant value less than 0.05 (α), indicating a significant relationship between the knowledge of adolescent girls and their compliance in taking blood supplement tablets.

DISCUSSION

Knowledge of adolescent girls with consumption of blood supplement tablets at SMAN 1 Seyegan

From the data analysis and statistical evaluation related to knowledge about anemia and consumption of blood supplement tablets among 70 adolescent girls attending SMAN 1 Seyegan, it was found that the majority of respondents, 39 people (55.7%), had a low level of knowledge. Meanwhile, 19 respondents (31.4%) showed good knowledge, and the other 9 respondents (12.9%) were at a moderate level of knowledge.

This study revealed that many adolescent girls have inadequate knowledge about anemia and the use of blood supplement tablets. This lack of knowledge is mainly due to the lack of information available to adolescent girls about Anemia and adherence in taking blood supplement tablets. Furthermore, one's knowledge can be influenced by the speed of obtaining information; thus, the wider the access to information, the knowledge on this topic is likely to increase.

The results showed that the majority of respondents (58.6%) did not have adequate knowledge about the definition of anemia. This is indicated by the incorrect answers by most respondents, indicating a lack of understanding of anemia among adolescent girls. This low understanding relates to the definition of anemia as a condition where the hemoglobin level in the blood is less than 12 gr/dl.

Some participants still have the understanding that anemia can be caused by blood loss during menstruation. Memorisa et al., (2020) found in their research that the main cause of anemia is actually iron deficiency. Almost two-thirds of the iron present in the human body is found in hemoglobin, the red blood cell.

Every woman's menstrual duration is different. Usually, the duration of menstrual bleeding ranges from 3 to 7 days. However, there are some women who experience menstrual periods of more than 7 days. This condition causes prolonged blood loss during menstruation, which can increase the risk of anemia in these adolescent girls (Memorisa et al., 2020)

Research conducted by Monika et al., (2023) revealed that out of 139 adolescent girls in Samarinda, 55 of them (39.9%) showed a low level of knowledge about anemia and the use of blood supplement tablets, while 37 respondents (26.6%) had a good understanding. These results show that the majority of adolescent girls have low knowledge compared to those who have good or sufficient knowledge about anemia and blood supplement tablets. This condition may occur due to the lack of information received by adolescent girls related to anemia and compliance in taking blood supplement tablets.

Research conducted by Andika, (2022) indicated the condition of knowledge about anemia among adolescent girls at SMP 11 Lubuk Durian, North Bengkulu Regency. Of the 35 respondents, 8 of them (44.4%) had a good understanding of anemia, while 13 adolescents (76.5%) showed a poor level of understanding. The low compliance of adolescent girls in taking blood-boosting supplements indicates that the government's efforts to break the chain of stunting and improve knowledge measures on anemia have not been effectively implemented. This low compliance requires more attention and support to increase awareness and knowledge about anemia among adolescent girls.

Based on Notoatmodjo's (2018) view, it is stated that information sources such as mass media, as well as formal and non-formal education, have a vital role in influencing knowledge with a direct impact that can lead to transformation or improvement in one's knowledge. The availability of various mass media as a result of technological developments contributes to increasing public awareness of various innovations. Cognitive domain is a crucial element in the formation of individual behavior, where knowledge-based behavior is proven to have a more positive effect than behavior that is not supported by adequate knowledge Ratnawati (2022).

Adolescent girls' compliance with taking blood supplement tablets at SMAN 1 Seyegan

The results of a study conducted to evaluate adherence in taking blood supplement tablets among 70 adolescent girls at SMAN 1 Seyegan showed that the majority of respondents, 43 of them (61.4%), did not show adherence. Meanwhile, 27 other respondents (38.6%) were recorded as compliant. From the interviews conducted with teachers at the school, it was revealed that the educators consistently advised the adolescent girls who received blood supplement tablets to take them regularly. The teachers also provided explanations on the benefits and potential side effects that could arise from taking blood supplement tablets.

Adherence describes the extent to which individuals adhere to health or medical recommendations in the use of prescribed drugs, including aspects of taking drugs correctly and at the appropriate time. Adherence to the consumption of blood supplement tablets based on directions from health workers or educators was highlighted by Kurniawan (2018). The low adherence of adolescent girls with regard to taking blood supplement tablets in the highlighted study was rooted in the lack of direct supervision and assistance from health professionals, educators, family members, as well as lack of information regarding the benefits of blood supplement tablets.

Based on Green's (1980) view, each person has unique behaviors that distinguish them from others, including between identical twins. There is no fixed sequence in the formation of behavior; therefore, the existence of positive knowledge and attitudes does not automatically guarantee the formation of positive behavior. Green (1980) explains that the process of behavior transformation can be analyzed through aspects of knowledge, attitudes, practices, or actions that individuals do.

Research conducted by Wahyuningsih et al. (2019) revealed that compliance with the consumption of blood supplement tablets among 41 respondents was low, where only 14 respondents (34.1%) were obedient in consuming them. Blood supplement tablets, which are iron-filled nutritional supplements containing the equivalent of 60 mg of elemental iron and 400 mcg of folic acid, are recommended to be consumed once per week. The main factor influencing this low compliance was the lack of understanding of the instructions given by the health workers on how to use the tablets.

Research conducted by Maesaroh et al., (2023), noted that the majority of adolescent girls in Senting Sambi Boyolali village had low compliance in taking blood enhancement tablets, with a total of 25 people (89.3%) at a low level, while only 3 people (10.7%) were at a moderate level, and there were no adolescent girls who reached a high level of compliance. Adherence is very important in the prevention of anemia. Various factors can influence this level of adherence, including knowledge, attitude towards medication, type of occupation, unexpected side effects of medication, and support provided by family, teachers, and health workers.

Knowledge possessed by respondents is a major factor influencing compliance in taking blood supplement tablets. As one of the predisposing factors, knowledge plays an important role in influencing individual decisions and actions regarding their health behavior. Information obtained by a person and understanding of that information is an essential component of knowledge that contributes to the formation of a person's behavior in taking blood supplements (Putra K.A et al., 2020).

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Relationship between knowledge of teenage girls and compliance with blood supplement tablets consumption at SMAN 1 Seyegan

Data processing through Chi Square test revealed that the p value obtained was 0.000, which is smaller than 0.05 (α). This indicates a significant relationship between the knowledge of Anemia in adolescent girls and their compliance in taking blood supplement tablets at SMAN 1 Seyegan.

The results of the study conducted found that the level of knowledge influences the compliance of taking blood supplement tablets among adolescent girls at SMAN 1 Seyegan. This finding confirms that the majority of adolescent girls with adequate knowledge tend to follow the recommendation to take blood supplement tablets, while those with low knowledge often do not comply with the recommendation.

Knowledge can be interpreted in two perspectives, the first of which suggests that the relationship between knowledge and blood tablet consumption is directly correlated. This confirms that when a person's level of knowledge about the importance of blood tablets is lacking, their behavior in consuming blood tablets tends to be low. The implication of this is strongly related to the information obtained. Based on the results of the study, it was found that most of the adolescent girls at SMAN 1 Seyegan only received information about blood supplement tablets from their teachers.

An individual's adherence to medical or health advice in his or her behavior, which reflects the use of medication as recommended, including appropriate timing of use, defines compliance. It also involves adherence in taking blood supplement tablets according to the directions of health workers or educators as described by Kurniawan (2018).

In this study, compliance is based on the theory of behavior change proposed by Green (1980). The theory suggests that each individual has a unique behavior, which is not always the same as other individuals, including identical twins. Positive behavior formation does not have to be constantly triggered by good knowledge and attitudes. According to Green (1980), behavior transformation can be observed through aspects of knowledge, attitudes, practices, and actions taken by an individual.

A study conducted by Wahyuningsih, et al. (2019) found that, among adolescent girls, 13 respondents (31.7%) who had good knowledge about anemia tended to show compliance in taking blood supplement tablets. Meanwhile, 19 respondents (46.3%) who had poor knowledge about anemia tended to be non-compliant in consuming the tablets. Based on the Chi Square test analysis, a p value of 0.000 was obtained, which indicates that the value is smaller than 0.05. This indicates that there is a significant relationship between adolescent girls' knowledge about Anemia and their compliance in taking blood supplement tablets.

Research conducted by Nuzrina, et al., (2021) has revealed through Bivariate statistical analysis that there is a significant correlation between knowledge about Anemia and the behavior of taking blood supplement tablets, with a p-value of 0.002 which shows statistical significance (<0.005). Meanwhile, research by Wahyuningsih et al., (2021) using the Chi Square test obtained the result $x2 = 10.238$ and a p-value of 0.001 (p <0.05). These results indicate rejection of the null hypothesis (Ho) and acceptance of the alternative hypothesis (Ha), which confirms that there is a significant relationship between knowledge about anemia and compliance in taking blood supplement tablets in adolescent girls.

In this study, the authors realized that there were still many limitations in conducting research at SMA 1 Seyegan. During the questionnaire filling process, close seating allowed students to cheat. For example, asking each other questions and exchanging answers between students who sit next to each other. Although supervision has been carried out by teachers and research assistants.

CONCLUSION

The results indicated that the majority of adolescent girls at SMAN 1 Seyegan had a low level of knowledge about anemia, with 39 respondents (55.7%) in that category. In addition, a total of 43 adolescent girls (61.3%)

in the same school showed no compliance in taking blood supplement tablets. The correlation between knowledge of Anemia among adolescent girls and their adherence in taking blood supplement tablets at SMAN 1 Seyegan was proven to be significant.

ADVICE

The results of this study can be used as a reference for future researchers to expand the analysis of factors affecting adherence to consumption of blood supplement tablets (TTD) among adolescent girls. Furthermore, future researchers are also encouraged to identify the dominant factors that influence adherence in TTD consumption. To support this effort, adolescent girls should be more proactive in increasing their knowledge about anemia by accessing various sources of information such as the internet, social media, articles, and books. This will enrich their understanding and motivate them to be more compliant in taking blood supplement tablets.

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