

## INTISARI

**Retno Nurul Khotimah , NIM 3212010, 2022.** *Pengaruh Pemberian Tablet Besi (Fe) Terhadap Kadar Hb pada Remaja Putri di Pondok Pesantren Syahid Al Ma'arif Trucuk Kabupaten Klaten*

Remaja putri mempunyai risiko yang lebih tinggi terkena anemia daripada remaja putra. Setiap bulan remaja putri mengalami haid terkadang bisa lebih dari 5 hari hal itu dikhawatirkan akan kehilangan zat besi, sehingga membutuhkan besi pengganti lebih banyak dibanding wanita yang haidnya hanya tiga hari atau lebih sedikit. Rekomendasi global menganjurkan untuk daerah dengan prevalensi anemia >40 % , pemberian tablet tambah darah pada remaja putri dan wanita usia subur terdiri dari 30-60. Penelitian ini bertujuan untuk mengetahui kadar Hb sebelum dan sesudah pemberian tablet Fe, serta menganalisa pengaruh pemberian tablet Fe terhadap kadar Hb remaja putri di pondok pesantren Syahid Al Ma'arif.

Metode penelitian ini adalah penelitian *Quasy Experimental Design*, dengan rancangan *one group pre and post test without control design*. Penelitian ini dilaksanakan di Pondok Pesantren Syahid Al Ma'arif Keringan Wanglu, Kecamatan Trucuk, Kabupaten Klaten. Teknik sampling yang digunakan adalah *purposive sampling*. Pemeriksaan Hb menggunakan *Hematology analyzer sysmex*. Analisa data yang digunakan adalah uji t.

Hasil penelitian menunjukkan bahwa terdapat peningkatan rata-rata kadar Hb sebelum dan sesudah pemberian tablet Fe yaitu 12,33 gr% menjadi 12,66 gr% dengan nilai p 0,000.

Kesimpulan penelitian ini yaitu terdapat pengaruh pemberian tablet Fe dengan kadar Hb remaja putri di pondok pesantren dengan nilai p 0,000 (<0,05).

Kata Kunci : Tablet Fe, Kadar Hb, Remaja Putri, Pondok Pesantren

## ABSTRACT

**Retno Nurul Khotimah, NIM 3212010, 2022.** *The effect Of Iron (Fe) Tablets on Hb Levels in Female teenager in Syahid Al Ma'arif Trucuk Islamic Boarding School, Trucuk Klaten Regency*

Adolescent girls have a higher risk of anemia than young men. Every month, young women experience menstruation, sometimes for more than 5 days, it is feared that they will lose iron, so they need more iron replacement than women whose menstruation is only three days or less. Global recommendations recommend for areas with anemia prevalence >40%, giving blood-supplementing tablets to adolescent girls and women of childbearing age consisting of 30-60. This study aims to determine Hb levels before and after administration of Fe tablets, as well as to analyze the effect of giving Fe tablets on Hb levels in female teenager at the Syahid Al Ma'arif Islamic Boarding School.

This research method is Quasy Experimental Design research, with a one group pre and post test design without control design. This research was carried out at the Syahid Al Ma'arif Wanglu Islamic Boarding School, Trucuk District, Klaten Regency. The sampling technique used is purposive sampling. Hb examination using Hematology analyzer sysmex Analysis of the data used is the t test.

The results showed that there was an increase in the average Hb level before and after administration of Fe tablets, from 12.33 g% to 12.66 g% with a p value of 0.000.

The conclusion of this study is that there is an effect of giving Fe tablets with Hb levels for adolescent girls in Islamic boarding schools with a p value of 0.000 (<0.05).

Keywords: Iron tablets, Hb levels, Adolescent girls, Islamic Boarding School