

FACTORS INFLUENCING COMPLIANCE TO IRON SUPPLEMENT
TABLET CONSUMPTION AMONG FEMALE ADOLESCENT STUDENTS
AT SMK KESEHATAN WIJAYA HUSADA TRENGGALEK.

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ABSTRACT

Background: Adolescent girls during puberty are prone to iron deficiency anemia due to menstruation. Compliance of young women in taking blood supplement tablets regularly is important to meet iron needs and prevent anemia. However, there are still adolescent girls who do not comply with drinking or consume blood-boosting tablets for the reason that they drink during menstruation, forget to drink, taste and smell badly, and there are side effects after drinking nausea. **Research Objective:** To find out the factors that have the most dominant influence on the compliance of adolescent girls in consuming blood supplement tablets at SMK Kesehatan Wijaya Husada. **Research Method:** This study uses a quantitative descriptive design. This research was carried out on February 09 - 28, 2026. The research population was 264, with a sample of 73 respondents selected through purposive sampling. The inclusion criteria included young women who were willing to be studied, respondents aged 16 years – 18 years, respondents who had had menstruation. The exclusion criteria include adolescent girls who are allergic to blood-booster tablets and who do not have parental consent to take blood-booster tablets. Data were collected through questionnaires, analyzed by univariate analysis. **Research Results:** Based on factors that affect compliance, 19 out of 73 respondents chose the self-confidence factor, 32 out of 73 chose the teacher support factor, 5 out of 73 respondents chose the peer support factor, 11 out of 73 respondents chose the health worker support factor, 6 out of 73 respondents chose the family support factor. **Conclusion:** The most dominant factor that affects the adherence to taking blood supplement tablets in adolescents at SMK Kesehatan Wijaya Husada is teacher support.

Keywords: Compliant, Female Adolescent, Blood Supplement Tablets