

## Gambaran Pelaksanaan Usaha Kesehatan Sekolah (UKS) terkait Pencegahan Anemia di SMAN 63 Jakarta Tahun 2023 = An Overview of the Implementation of School Health Program (UKS) related to Anemia Prevention at SMAN 63 Jakarta in 2023

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### Abstrak

Data hasil riset kesehatan dasar (Riskesdas) menunjukkan peningkatan prevalensi anemia dari 22.7% ditahun 2013 menjadi 32% di tahun 2018. Remaja putri menjadi kelompok yang rentan mengalami anemia. Pendistribusian tablet tambah darah (TTD) melalui usaha kesehatan sekolah (UKS) menjadi salah satu upaya pencegahan anemia remaja dan didukung berbagai kegiatan lainnya. Penelitian ini bertujuan untuk menggali informasi mendalam mengenai gambaran pelaksanaan UKS terkait pencegahan anemia di SMAN 63 Jakarta. Penelitian ini dilakukan secara kualitatif dengan informan meliputi penanggung jawab UKS Puskesmas, Kepala Sekolah, Guru Pembina UKS, Pengurus UKS, dan siswa sekolah terkait. Hasil penelitian menunjukkan komponen input untuk pencegahan anemia sudah tersedia baik SDM, dana, sarana prasarana. Dalam komponen proses, kegiatan pencegahan anemia meliputi penyuluhan, distribusi TTD, deteksi dini, sarapan bersama, dan hari minum TTD bersama di sekolah. Namun masih ada kegiatan yang belum rutin dilakukan dan proses pengawasan belum dilakukan dengan maksimal. Capaian kegiatan pencegahan anemia di sekolah tersebut untuk distribusi TTD sudah mencapai target yang ditetapkan (> 70%) namun untuk konsumsinya belum diperhatikan. Oleh sebab itu, disarankan bagi pihak sekolah untuk meningkatkan pengawasan konsumsi TTD para siswinya. Puskesmas diharapkan memastikan terlaksananya kegiatan minum TTD bersama di sekolah dan dinas pendidikan turut mengawasi pihak sekolah terkait kegiatan pencegahan anemia yang dilakukan.

.....Data from basic health research (Riskesdas) shows an increase in the prevalence of anemia from 22.7% in 2013 to 32% in 2018. Adolescent girls are a group that is vulnerable to anemia. The distribution of iron tablets (TTD) through school health program (UKS) is one of the efforts to prevent anemia in adolescents and is supported by various other activities. This study aims to explore in-depth information regarding the description of UKS implementation related to anemia prevention at SMAN 63 Jakarta. This research was qualitative research with informants including the person in charge of UKS program in the community health center, school principals, UKS supervisor teachers, UKS administrators, and related school students. The results of the study show that input components for anemia prevention are available both man, money, material. In the process component, anemia prevention activities include counseling, iron tablets distribution, early detection, breakfast together, and day of taking iron tablets together at school. However, there are still activities that have not been routinely carried out and the monitoring process has not been carried out optimally. The achievement of anemia prevention activities in these schools for the distribution of iron tablets has reached the set target (> 70%) but the consumption has not been considered. Therefore, it is suggested for the school to increase supervision of the consumption of iron tablets for their students. The Community Health Center is expected to ensure that joint iron tablets activities are carried out at schools and the education office will also oversee the school regarding anemia prevention activities being carried out.