

Evaluasi Efektivitas Program Penurunan Anemia dengan Pemberian Tablet Tambah Darah Remaja Putri di Puskesmas Muaragembong Kabupaten Bekasi Tahun 2023 = Effectiveness Evaluation of The Anemia Reduction Program by Tablet Tambah Darah Supplementation among Adolescent Girls at Muaragembong Health Center Bekasi Regency in 2023

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Abstrak

Anemia masih menjadi masalah kesehatan utama pada remaja putri. Prevalensi anemia remaja putri di Kecamatan Muaragembong, Kabupaten Bekasi pada tahun 2022 mencapai 68,7% sehingga Puskesmas Muaragembong melakukan intervensi program inovasi dalam pemberian TTD remaja putri. Penelitian ini bertujuan untuk mengevaluasi efektivitas program penurunan anemia melalui pemberian TTD remaja putri di Puskesmas Muaragembong Kabupaten Bekasi tahun 2023. Penelitian menggunakan desain mixed method explanatory sequential. Penelitian kuantitatif dengan jenis studi cross sectional. Sampel yang digunakan sebanyak 150 remaja putri. Kadar hemoglobin (Hb) diukur menggunakan alat hemocue, status gizi dihitung menggunakan indeks massa tubuh (IMT), pola menstruasi, riwayat penyakit infeksi, perilaku CTPS, pola konsumsi pangan, konsumsi tablet tambah darah, tingkat pengetahuan remaja putri, tingkat pendidikan ibu dan tingkat pendapatan orang tua diperoleh melalui wawancara menggunakan kuesioner. Analisis data bivariat menggunakan uji chi square dan regresi logistik sederhana, multivariat menggunakan uji regresi logistik berganda. Penelitian kualitatif dilakukan melalui Rapid Assessment Procedure (RAP) untuk mengevaluasi efektivitas program menggunakan teori logic models dimana program akan dinilai dari sisi input, activity output serta outcome. Setelah dilakukan intervensi program terjadi penurunan prevalensi anemia remaja putri sebesar 62,15% menjadi 26%. Faktor-faktor yang berhubungan dengan anemia pada remaja putri diantaranya adalah status gizi, pola menstruasi, pola konsumsi pangan, perilaku CTPS dan konsumsi TTD dimana faktor yang paling dominan adalah pola menstruasi. Terdapat ketidaksesuaian dalam program pemberian TTD pada variable SDM, sarana, advokasi, sosialisasi, jejaring dan komunikasi, pemberian, pendataan dan pelaporan.

.....Anemia is still a major health problem among adolescent girls. The prevalence of anemia among adolescent girls in Muaragembong District, Bekasi Regency in 2022 reached 68.7% so that the Muaragembong Health Center conducted an innovation program intervention in TTD supplementation for adolescent girls. This study aims to evaluate the effectiveness of the anemia reduction program through TTD supplementation for adolescent girls at the Muaragembong Health Center, Bekasi Regency in 2023. The study used mixed method explanatory sequential design. Quantitative research with a cross-sectional study type. The sample used was 150 adolescent girls. Hemoglobin (Hb) levels were measured using a hemocue device, nutritional status was calculated using body mass index (BMI), menstrual patterns, history of infectious diseases, CTPS behavior, food consumption patterns, consumption of iron tablets, level of knowledge of adolescent girls, maternal education level and parental income level were obtained through interviews using questionnaires. Bivariate data analysis used the chi square test and simple logistic regression, multivariate using multiple logistic regression tests. Qualitative research is conducted through

the Rapid Assessment Procedure (RAP) to evaluate the effectiveness of the program using the logic models theory where the program will be assessed from the input, activity output and outcome aspects After the program intervention, there was a decrease in the prevalence of anemia in adolescent girls by 62.15% to 26%. Factors related to anemia in adolescent girls include nutritional status, menstrual patterns, food consumption patterns, CTPS behavior and TTD consumption where the most dominant factor is the menstrual pattern. There are discrepancies in the TTD provision program in the variables of human resource, facilities, advocacy, socialization, networking and communication, provision, data collection and reporting.