

## RELATIONSHIP BETWEEN FAMILY SUPPORT AND COMPLIANCE IN CONSUMPTION OF FEEL TABLETS IN FEMALE ADOLESCENTS AT SMA UNGGULAN BPPT DARUS SHOLAH JEMBER

Evita Dian Marwati<sup>1</sup>, Yuniasih Purwaningrum<sup>2</sup>, Ernawati Anggraeni<sup>3</sup>

<sup>1,2,3</sup>Bachelor of Midwifery Study Program, Health Sciences, Dr. Soebandi University, Email:  
[evitadian123@gmail.com](mailto:evitadian123@gmail.com)

**Submitted:** 30/07/2024

**Accepted:** 18/09/2024

**Terbit:** 18/09/2024

**Kata Kunci:**

Dukungan Keluarga,  
Kepatuhan Konsumsi Tablet  
Tambah Darah

**Keywords:**

Family Support; Compliance  
with Blood Supplement Tablet  
Consumption

**ABSTRAK**

**Latarbelakang :** Remaja seringkali mengalami anemia dengan alasan tingginya kebutuhan zat besi sehingga defisiensi besi di dalam tubuh cukup berat terjadi. Berdasarkan data dari RISKESDAS 2019, capaian tersebut hanya 1,4% remaja putri yang patuh mengonsumsi TTD sesuai anjuran satu minggu 1x, sedangkan 98,6% lainnya jumlah konsumsi TTD masih kurang dari 52 butir selama satu tahun. TTD merupakan upaya untuk menurunkan kejadian anemia pada remaja putri sehingga diperlukan dukungan keluarga dalam kepatuhan mengonsumsi tablet Fe. **Tujuan :** Menganalisis hubungan dukungan keluarga dengan kepatuhan konsumsi tablet Fe pada remaja putri. **Metode :** populasi dalam penelitian ini seluruh remaja putri di SMA Unggulan BPPT Darus Sholah Jember yang berjumlah 147 responden dan sampel berjumlah 107 dengan desain korelasi menggunakan pendekatan *cross-sectional* metode *simple random sampling*, instrumen penelitian dengan kuesioner. Analisis univariat distribusi frekuensi dan presentase, analisis bivariat yang digunakan adalah uji *Chi-Square*. **Hasil :** hasil didapatkan bahwa dukungan keluarga pada remaja putri dengan kategori baik dan hampir seluruh remaja putri patuh dalam mengonsumsi tablet Fe, hasil uji ststistik menunjukkan adanya hubungan yang signifikan antara dukungan keluarga dengan kepatuhan konsumsi tablet Fe. **Kesimpulan :** Dukungan keluarga yang baik, akan membentuk remaja putri patuh dalam mengonsumsi tablet Fe.

**ABSTARCT**

**Background:** *Adolescents often experience anemia due to high iron requirements, so that iron deficiency in the body is quite severe. Based on data from RISKESDAS 2019, the achievement was only 1.4% of female adolescents who were compliant in consuming TTD according to the recommendation of 1x a week, while the other 98.6% of TTD consumption was still less than 52 tablets for one year. TTD is an effort to reduce the incidence of anemia in female adolescents, so family support is needed in compliance with consuming Fe tablets.* **Objective:** *To analyze the relationship between family support and compliance in consuming Fe tablets in female adolescents.* **Method:** *The population in this study were all female adolescents at SMA Unggulan BPPT Darus Sholah Jember totaling 147 respondents and a sample of 107 with a correlation design using a cross-sectional approach using the simple random sampling method, research instruments using questionnaires. Univariate analysis of frequency distribution and percentage, bivariate analysis used was the Chi-Square test.* **Results:** *The results obtained that family support for adolescent girls is in the good category and almost all adolescent girls are compliant in consuming Fe tablets, the results of statistical tests show a significant relationship between family support and compliance in consuming Fe tablets.* **Conclusion:** *Good family support will form adolescent girls who are compliant in consuming Fe tablets.*

## Introduction

Many women in Indonesia are not compliant in consuming these Iron Supplement Tablets (TTD), especially young women, which causes many young women to suffer from anemia (1). Teenage girls who have low levels of knowledge are at risk of not taking iron tablets. Anemia in Indonesia is generally caused by iron deficiency so it is more often called iron deficiency anemia. One group that is vulnerable to iron deficiency anemia is teenagers and pregnant women (2).

Teenagers have a high risk of anemia, especially iron deficiency anemia. This happens because adolescence requires higher nutrients, including iron, for growth and development. Generally, iron deficiency anemia can be avoided by fulfilling iron through nutritious food, as well as consuming iron tablets for teenage girls who have experienced regular menstruation. Blood-boosting nutritional supplements or known as blood-boosting tablets or Fe are nutritional supplements in the form of tablets, caplets and capsules that can be obtained from the Program or independently. Blood-boosting tablets are the government's effort to reduce the incidence of anemia in adolescent girls (3).

The prevalence of coverage of TTD provision services for adolescent girls in Indonesia in 2018 was 46.56% (4). The figure meets the 2019 Renstra target of 30%. Based on the 2019 Indonesian Health Profile, the province with the highest coverage of TTD services for adolescent girls is Bali (99.72%), while the lowest is West Kalimantan (13.03%). Data from the Jember Health Service in 2020 showed that the coverage rate for providing TTD services to adolescent girls was 89.2%. In Kaliwates itself, the coverage rate for using TTD was 55.77%. The non-compliance of adolescents in consuming these iron tablets can increase the high incidence of anemia in adolescent girls (5).

Based on data from RISKESDAS 2019, the highest achievement of TTD was received by adolescent girls in school, namely at the high school level. As many as 87.6% of adolescent girls in high school received TTD at school. Of these achievements, only 1.4% of adolescent girls are compliant in consuming TTD according to the recommendation of 1x a week (52 tablets for one year), while the other 98.6% of TTD consumption is still less than 52 tablets for one year (Ministry of Health of the Republic of Indonesia, 2019). This shows that adolescent girls are still low in awareness of the importance of consuming

TTD as a step to prevent anemia (6).

SMA Unggulan BPPT Darus Sholah is a high school located in Jember district that has active UKS program activities where once a week there is a program to provide TTD every Friday. The results of a preliminary study conducted at SMA Unggulan BPPT Darus Sholah on adolescent girls on November 27, 2023 by interviewing 10 adolescent girls aged 16-18 years, showed that 10 adolescent girls received TTD every 1 month with each getting 4 tablets. Of the 10 adolescent girls who received the TTD, there were 7 adolescent girls (70%) who were compliant in consuming the TTD, while 3 adolescent girls (30%) were not compliant in consuming the TTD due to laziness, the nausea it caused, the fishy taste and the unpleasant taste (results of interviews with adolescent girls in November 2023).

Factors that influence a person's compliance in taking iron tablets include motivation, understanding, and support from the family (7). Adolescent knowledge can be expanded or bring about changes regarding knowledge, and the impact of information factors or mass media obtained from formal or non-formal education. Strong motivation will help achieve good goals. The stronger the motivation, the greater the possibility that teenagers will successfully consume Fe

tablets. One important factor that supports the younger generation is family support. If family support is well maintained, it will gradually increase the willingness of the younger generation, especially teenage girls, to consume Fe tablets (7).

Lack of consumption of iron tablets has a negative impact on adolescent health such as dizziness, weakness and lethargy. So that it reduces productivity such as daily activities or activities (8). Another impact of not consuming Fe tablets is that it can cause anemia in adolescent girls. If an adolescent girl becomes pregnant, she will not be able to meet the nutritional needs for herself and the fetus in her womb, which can increase the frequency of complications, the risk of maternal death, prematurity rates, low birth weight and perinatal mortality rates (9). In relation to the above, preventive efforts made by the government to overcome iron deficiency are by providing iron or Fe tablets regularly. This is also supported by the government with a program to provide iron supplements to young women in accordance with the circular of the Indonesian Ministry of Health No.HK.03.03/V/0595/2016 concerning the provision of iron tablets to young women and women of childbearing age. This provision of Fe tablets is usually given to children in junior high school (SMP) or

equivalent and senior high school (SMA) or equivalent (9).

Family support is one of the factors for the success of the implementation of TTD administration. Advice, information, motivation, or understanding conveyed by fellow family members can be called family support. This support is very much needed in efforts to prevent anemia that occurs in adolescent girls and is expected to be able to increase adolescent compliance in consuming TTD (9). Considering the importance of family support for the health of adolescent girls, especially anemia in adolescent girls and its relation to compliance with TTD consumption, as well as the limited information related to this, researchers feel that this topic is a serious problem to conduct research on the relationship between family support and compliance with TTD consumption in adolescent girls, especially adolescent girls at SMA Unggulan BPPT Darus Sholah Jember.

## Method

This study is a quantitative study with a correlational (relationship) design using a cross-sectional approach. This study was conducted in February 2024 at SMA Unggulan BPPT Darus Sholah Jember. Data collection was carried out once. The population in this study which was the

subject of the researcher was all students in grades X, XI, XII at SMA Unggulan BPPT Darus Sholah Jember totaling 147 female adolescents. The sample in this study is a portion of the population that meets the inclusion and exclusion criteria, namely 107 respondents. The sampling technique used in this study is simple random sampling where all members have the same opportunity to be sampled according to their proportions. In this study, simple random sampling technique was carried out randomly using the lottery method. The instrument in this study used 2 questionnaires, namely the family support questionnaire and the adolescent compliance questionnaire in consuming Fe tablets, which were made by the researcher. This research has obtained ethical approval with the number: 44/KEPK/UDS/I/2024.

Before the research was conducted, respondents were given informed consent for approval which was filled out with parental guidance. During the research process, the researcher distributed structured questionnaires to female adolescents at SMA Unggulan BPPT Darus Sholah Jember to be answered in writing. After being distributed, an explanation was given first regarding how to fill out the questionnaire, then after the questionnaire was filled out, it was collected back to the researcher, after



the data was collected the researcher used a lottery method totaling 107 respondents then the data of a number of respondents had been collected the researcher processed the data using the SPSS version 24 computer program. Statistical analysis in this study is univariate analysis and bivariate analysis, univariate analysis is used to identify the characteristics of respondents (age of adolescents, gender of adolescents, father's age, father's education, father's occupation, mother's age, mother's education, mother's occupation, parent's income) while bivariate analysis in this study is used to determine the correlation between family support variables and compliance with Fe tablet consumption in adolescent girls using the Chi-Square test.

## Results

This study is a quantitative study with a correlational (relationship) design using a cross-sectional approach. This study was conducted in February 2024 at SMA Unggulan BPPT Darus Sholah Jember. Data collection was carried out once. The population in this study which was the subject of the researcher was all students in grades X, XI, XII at SMA Unggulan BPPT Darus Sholah Jember totaling 147 female adolescents. The sample in this study is a portion of the population that meets the inclusion and exclusion criteria, namely 107

respondents. The sampling technique used in this study is simple random sampling where all members have the same opportunity to be sampled according to their proportions. In this study, simple random sampling technique was carried out randomly using the lottery method. The instrument in this study used 2 questionnaires, namely the family support questionnaire and the adolescent compliance questionnaire in consuming Fe tablets, which were made by the researcher. This research has obtained ethical approval with the number: 44/KEPK/UDS/I/2024. Before the research was conducted, respondents were given informed consent for approval which was filled out with parental guidance. During the research process, the researcher distributed structured questionnaires to female adolescents at SMA Unggulan BPPT Darus Sholah Jember to be answered in writing. After being distributed, an explanation was given first regarding how to fill out the questionnaire, then after the questionnaire was filled out, it was collected back to the researcher, after the data was collected the researcher used a lottery method totaling 107 respondents then the data of a number of respondents had been collected the researcher processed the data using the SPSS version 24 computer program. Statistical analysis in this study is

univariate analysis and bivariate analysis, univariate analysis is used to identify the characteristics of respondents (age of adolescents, gender of adolescents, father's age, father's education, father's occupation, mother's age, mother's education, mother's occupation, parent's income) while bivariate analysis in this study is used to determine the correlation between family support variables and compliance with Fe tablet consumption in adolescent girls using the Chi-Square test.

## Results And Discussion

The research in this chapter contains results regarding the relationship between family support and compliance with Fe tablet consumption in female adolescents at SMA Unggulan BPPT Darus Sholah Jember which was carried out in February 2024 with a number of respondents in this study as many as 107 female adolescents. The results of this study include general data and specific data below.

### General Data

General data provided on respondent characteristics include: Teenage Age, Gender, Father's Age, Father's Education, Father's Occupation, Mother's Age, Mother's Education, Mother's Occupation, Parental Income, as shown in the table below.

**Table 1 Characteristics of Respondents Based on Age of Adolescents at BPPT**

**Darus Sholah Jember Leading High School in 2024**

Respondent Age	Frequency (F)	Percentage (%)
16 Years	49	45.8
17 Years	25	23.4
18 Years	19	17.8
19 Years	14	13.1
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Based on the table above, it can be seen that of the total 107 respondents, the majority (45.8%) were 16 years old and a small number of respondents were 19 years old, namely 13.1%.

**Table 2 Characteristics of Respondents Based on the Age of Fathers of Adolescent Girls at BPPT Darus Sholah Jember Leading High School in 2024**

Father's Age	Frequency (F)	Percentage (%)
20-30 Years	2	1.9
31-40 Years	56	52.3
> 41 Years	49	45.8
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 2 shows that of the total 107 respondents, most of the fathers were aged 31-40 years with a percentage of (52.3%) and a small number of fathers were 30 years old with a percentage of (1.9%).

**Table 3 Characteristics of Respondents Based on the Last Education of Fathers of Teenage Girls at the BPPT Darus Sholah Jember Leading High School in 2024**

Father's Education	Frequency (F)	Percentage (%)
Elementary	10	9.3

School		
Junior High School	13	12.1
High School	69	64.5
College	15	14.0
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 3 shows that out of a total of 107 respondents, the majority of their father's last education was high school, amounting to 69 with a percentage (64.5%) and very few whose father's last education was elementary school, amounting to 10 with a percentage (9.3%).

**Table 4 Characteristics of Respondents Based on the Occupation of Fathers of Adolescent Girls at BPPT Darus Sholah Jember Leading High School in 2024**

Father's occupation	Frequency (F)	Percentage (%)
Private	42	39.3
PNS	8	7.5
TNI/POLRI	6	5.6
Traders	23	21.5
Farmers	16	15.0
Others	12	11.2
<b>Total</b>	<b>107</b>	<b>100%</b>

Sumber : Data primer 2024

Table 4 data shows that of the total of 107 respondents, the majority of fathers' jobs were private, numbering 42 with a percentage of (39.3%) and very few fathers' jobs were in the TNI, numbering 6 with a percentage of (39.3%).

**Table 5 Characteristics of Respondents Based on Age of Mothers of Teenage Girls**

**at BPPT Darus Sholah Jember Leading High School in 2024**

Mother's Age	Frequency (F)	Percentage (%)
20-30 Years	11	10.3
31-40 Years	69	64.5
> 41 Years	27	25.2
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Based on the data in table 5, it shows that of the total 107 respondents, the majority of mothers were aged 31-40 years, as many as 69 with a percentage (64.5%) and very few mothers were aged 20-30 years, as many as 11 with a percentage (10.3%).

**Table 6 Characteristics of Respondents Based on the Last Education of Mothers of Teenage Girls at the BPPT Darus Sholah Jember Leading High School in 2024**

Mother's Education	Frequency (F)	Percentage (%)
Elementary School	13	12.1
Junior High School	14	13.1
High School	62	57.9
College	18	16.8
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 6 shows that out of a total of 107 respondents, the majority of mothers' last education was high school, amounting to 62 with a percentage (57.9%) and very few mothers' last education was elementary school, amounting to 13 with a percentage

(12.1%).

**Table 7 Characteristics of Respondents Based on the Occupation of Mothers of Teenage Girls at BPPT Darus Sholah Jember Leading High School in 2024**

Mother's Occupation	Frequency (F)	Percentage (%)
Private	22	20.6
Civil Servant	7	6.5
Farmer	8	7.5
Trader	34	31.8
Housewife	33	30.8
Other	3	2.8
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 7 data shows that out of a total of 107 respondents, most of the mothers' jobs were traders, amounting to 34 with a percentage (31.8%) and very few mothers' jobs were others, amounting to 3 with a percentage (2.8%).

**Table 8 Characteristics of Respondents Based on the Income of Parents of Adolescent Girls at BPPT Darus Sholah Jember Leading High School in 2024**

Pendapatan Orang Tua	Frequency (F)	Percentage (%)
Less than Rp. 1,000,000/month	22	20.6
Rp. 1,100,000 to Rp. 2,000,000/month	33	30.8
Rp. 2,100,000 to Rp. 3,000,000/month	37	34.6
More than Rp. 3,100,000/month	15	14.0
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 8 data It can be seen that the

income of the parents of the 107 respondents is mostly 2,100,000 to 3,000,000/month, amounting to 37 with a percentage (34.6%) and the income of the parents is very small, namely less than 1,000,000/month as many as 22 with a percentage (20.6%).

**Table 9 Frequency Distribution of Family Support for Adolescent Girls at BPPT Darus Sholah Jember's Leading High School in 2024**

Family Support	Frequency (F)	Percentage (%)
Not Supportive	30	28.0
Supportive	77	72.0
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 9 shows that from 107 respondents, the majority of respondents received support from their families, namely 77 with a percentage (72%) and a small number of teenagers did not receive support from their families, namely 30 respondents with a percentage (28%).

**Table 10 Frequency Distribution of Compliance in Consuming Fe Tablets in Female Adolescents at BPPT Darus Sholah Jember's Leading High School in 2024**

Family Support	Frequency (F)	Percentage (%)
Non-Compliant	24	22.4
Compliant	83	77.6
<b>Total</b>	<b>107</b>	<b>100%</b>

Source: Primary data 2024

Table 10 shows that from a total of 107 respondents, most female adolescents



are compliant in consuming iron tablets, namely 83 respondents with a percentage (77.6%) and very few adolescents are not compliant in consuming iron tablets, namely 24 respondents with a percentage (22.4%). In this study, it was found that more students were compliant in consuming iron tablets according to the recommendations of health workers.

**Table 11 Analysis of the Relationship between Family Support and Compliance in Consuming Fe Tablets in Female Adolescents at the BPPT Darus Sholah Jember Leading High School in 2024**

Frequency of Family Support	Compliance in Consuming Fe				Total	
	Disobedient		Compliant			
	n	%	n	%	n	%
Not Supported	21	70.0%	9	30.0%	30	100%
Supported	3	3.9%	74	96.1%	77	100%
<b>Total</b>	<b>24</b>	<b>73,9%</b>	<b>83</b>	<b>126,1%</b>	<b>107</b>	<b>100%</b>
<b>Chi-Square Test</b>		<b>Asymp. Sig.= 0,000</b>				

Source: Primary data 2024

From the data in table 11, it was found that most of the female adolescents who did not receive support and were not compliant in consuming Fe tablets were 21 respondents with a percentage (70.0%) and a small number of adolescents who did not receive family support but were compliant in consuming Fe tablets were 9 respondents

with a percentage (30.0%), while very few female adolescents who received family support but were not compliant in consuming Fe tablets were 3 respondents with a percentage (3.9%) and most of the adolescents who received family support were also compliant in consuming Fe tablets, namely 74 respondents with a percentage (96.1%). From the data above, the results of the chi-square test with a p value = 0.000 which means <0.05 indicate that there is a significant relationship between family support and compliance with Fe tablet consumption in adolescent girls. So the results are H0 is rejected and Ha is accepted which means there is a relationship between family support and compliance with Fe tablet consumption in adolescent girls at SMAS Unggulan BPPT Darusolah Jember.

## Discussion

### 1. Family Support for Adolescent Girls

The results of the study based on table 9 can be seen from a total of 107 respondents that most of the respondents received support from their families, namely 77 respondents with a percentage (72%) and a small number of teenagers did not receive support from their families, namely 30 respondents with a percentage (28%), meaning that on average, female teenagers at SMA Unggulan BPPT

Darus Sholah Jember have quite good family support.

This is in line with research conducted by Prayudhistya et al (2023), where the majority of respondents with a total of 32 people with a percentage (71%) received support from their families to consume Fe tablets, while 13 people with a percentage (29%) did not receive support from their families. Family support is an attitude, an action where a family accepts its family members as a form of informational support, evaluative support, instrumental support, and emotional support. Family support plays an important role in adolescents to consume TTD. Forms of family support can be in the form of reminding them of the recommendation to consume TTD and providing food in the form of blood supplement tablets (10).

Family support, especially parents at home, is closely related to compliance with iron supplement consumption in adolescent girls. Family support is needed to foster positive beliefs and perceptions in adolescent girls about the importance of iron supplement consumption in an effort to prevent the risk of anemia. Family support can be done in the form of reminding the

schedule for taking iron supplement tablets and providing foods containing iron (11). High levels of family support can lead to the formation of normative beliefs, and young women tend to have a positive attitude towards consuming iron tablets, so that they form the intention to consume iron tablets to avoid the risk of anemia (10). Family support plays a very important role in decision making, including reminding young women about the schedule for taking iron tablets.

Teenagers are often still in unstable behavior, so that teenage girls who do not get family support will find it easier to not comply with taking iron tablets. Knowledge from both teenage girls and their families is also a factor that teenage girls are now required to take iron tablets. In fact, there are still many teenage girls who do not know about it, so the role of the family is needed to provide knowledge and educate teenage girls to form a healthy lifestyle (3).

According to the researcher, one factor that influences family support in this study is the education and knowledge of parents, the most of whom are high school. Also seen from the characteristics of the parents' work, the most dominant is traders, where

traders often interact with many people so that parents can exchange experiences and knowledge related to health science. Families can provide a strong understanding of the importance of iron in the body of adolescents for everyday life and its impact on health. By providing clear information and education about the nutritional needs of adolescent girls, families can help them understand the importance of consuming Fe tablets regularly. Family support is support that can be given by parents or other family members who live together in one house. Family support is one of the functions of the family to form a good diet and lifestyle. This is one of the most crucial forms to determine the implementation of medical programs, because families are considered to be the dominant people around adolescent girls.

## **2. Adolescent Compliance in Consuming Fe Tablets**

Based on the results of table 10, it shows that a total of 107 respondents, most of the female teenagers were compliant in consuming iron tablets, namely 83 respondents with a percentage of (77.6%) and very few teenagers were not compliant in consuming iron tablets, namely 24

respondents with a percentage of (22.4%), meaning that of all female teenagers at SMA Unggulan BPPT Darus Sholah Jember, most were compliant in consuming iron tablets.

This is in line with research conducted by Ningtyas et al (2021), which showed that the majority of respondents who were compliant in consuming blood-boosting tablets were 39 with a percentage (54.9%), while respondents who were not compliant were 32 with a percentage (45.1%). Compliance is the level of patient implementation of the treatment methods and behaviors recommended by their doctor or other health workers (12). Compliance is behavior towards a recommendation, action or regulation that must be carried out or obeyed (3). Compliance in consuming iron supplements is a form of behavior to support the government's iron supplementation tablet program to prevent anemia (10). Compliance when consuming iron tablets can affect hemoglobin levels in adolescents. Accuracy in how to consume iron tablets must also be considered, such as when taking iron tablets it is recommended to drink them with water, because if adolescent girls use coffee,

tea, or milk it will inhibit the absorption of iron in the body so that the benefits of iron tablets are not optimal (13). Lack of consumption of iron tablets has a negative impact on adolescent health such as dizziness, weakness and lethargy. So that it reduces productivity such as daily activities or activities (8).

According to the researcher's opinion, the compliance of female adolescents in consuming iron tablets is influenced by several factors, one of which is the interest of adolescents in consuming iron tablets. The interest of adolescents plays a very important role in consuming iron tablets, most female adolescents at SMA Unggulan BPPT Darus Sholah Jember are compliant in consuming iron tablets because they realize the importance of iron tablets for their health to stay healthy and very few adolescents are not compliant in consuming iron tablets. Factors that influence adolescents not to comply in consuming iron tablets are a fishy taste, nausea, vomiting, dizziness, discomfort in the upper abdomen, and also constipation problems.

### **3. Relationship between Family Support and Compliance with Fe Tablet Consumption in Adolescent Girls**

Based on the research results from the data in table 11, it was found that most of the female adolescents who did not receive support and were not compliant in consuming Fe tablets were 21 respondents with a percentage (70.0%) and a small number of adolescents who did not receive family support but were compliant in consuming Fe tablets were 9 respondents with a percentage (30.0%), while very few female adolescents who received family support but were not compliant in consuming Fe tablets were 3 respondents with a percentage (3.9%) and most of the adolescents who received family support were also compliant in consuming Fe tablets, namely 74 respondents with a percentage (96.1%). From the data above, an analysis of the relationship between family support and compliance in consuming iron tablets in female adolescents at SMA Unggulan BPPT Darus Sholah Jember was obtained. The results of the significance test (p value) were = 0.000, which means  $<0.05$ , indicating that there is a significant relationship between family support and compliance in consuming iron tablets in female adolescents.



Family support is support that can be given by parents or other family members who live together in the same house. Family support is one of the many functions of the family to form good eating patterns, lifestyles, and family functions in practice (11). This family support is a diverse interaction between attitudes, actions, support and acceptance of families who are experiencing real health problems carried out by family members. Family members work together to provide assistance and also act as individuals who have the ability to develop (both in economic and instrumental contexts), and they always try to provide timely assistance when needed (14).

This is one of the most crucial things to determine the implementation of medical programs, because families are considered to be the closest people around adolescent girls. If family support is good, then adolescent girls' compliance in consuming iron tablets will also be better. Family support can be given by providing nutritious and iron-rich nutritional intake and also reminding them of the schedule for consuming iron tablets. Family support plays a very important role in consuming iron tablets. Forms of family

support can be in the form of reminding them of the schedule for taking iron tablets and providing food containing iron tablets (12).

Compliance is the level of a person to carry out the treatment and behavior recommended by their doctor or others. Compliance in taking iron tablets including health behavior, the right way to take iron tablets is also a form of compliance in taking iron tablets properly, such as drinking iron tablets with water, not tea, coffee, or milk because it can reduce the absorption of iron in the body so that its benefits are reduced. Compliance of adolescent girls to take iron tablets is influenced by other people such as parents, good parental knowledge about nutrition and as a result will encourage adolescent girls to take iron tablets (12). The previous implementation of the distribution of TTD (blood supplement tablets) was one tablet per week and during menstruation one tablet was given every day for ten days. However, all pharmacists recommended that the distribution of tablets be rearranged so that the process is more efficient and easier (15).

According to the researcher, many young women get good support from

their families, making them obedient to the importance of consuming iron tablets for their health. Family support is one of the important roles needed to shape the desire of young women to be obedient in consuming iron tablets. When young women get good family support, a normative belief will be formed and young women will tend to form a positive perception of consuming iron tablets, so that a strong intention to consume iron tablets is formed. So it is important for families to remain consistent in providing support in the form of motivation, warnings, and information to prevent iron deficiency in young women by consuming iron tablets. Therefore, the role and support of families for young women is important.

#### 4. Research Limitations

In conducting this research, the researcher acknowledged that there was a deficiency, namely that the researcher did not ask the respondents who contributed the most to supporting female adolescents in consuming Fe tablets, which should have been included in the questionnaire questions regarding family support.

#### Conclusion

The results of the study entitled "The Relationship between Family Support and Compliance with Fe Tablet Consumption in Female Adolescents at the BPPT Darus Sholah Jember Leading High School" are concluded as follows.

1. Most of the female teenagers at SMA Unggulan BPPT Darus Sholah Jember get good family support.
2. Almost all female teenagers at SMA Unggulan BPPT Darus Sholah Jember are obedient in consuming iron tablets.
3. Good family support will form female teenagers who are obedient in consuming iron tablets so that family support is important for female teenagers' compliance in consuming iron tablets.

#### Abbreviation

TTD	: Blood Increasing Tablets
LBW	: Low Birth Weight Baby
UKS	: School Health Unit
SMA	: High School
SMP	: Junior High School
SD	: Elementary School
WUS	: Women of Childbearing Age

## Ethics Approval and Consent to Participate

The instrument in this study used 2 questionnaires, namely the family support questionnaire and the adolescent compliance questionnaire in consuming Fe tablets, which were made by the researcher. This research has obtained ethical approval with the number: 44/KEPK/UDS/I/2024

## Acknowledgment

The researcher would like to thank:

1. SMA Unggulan BPPT Darus Sholah Jember
2. Universitas dr. Soebandi

## References

1. Khoiriyah H, Susanti T, Mariam E, Hidayati N. Optimalisasi Pemberian Tablet Fe pada Remaja Putri di SMK Ma'arif Karya Mukti. *ABDI MOESTOPO J Pengabdian Pada Masyarakat*. 2022;5(2):214–20.
2. Hastuti D. Faktor-faktor yang berhubungan dengan ketidakpatuhan ibu mengkonsumsi tablet fe pada ibu hamil di puskesmas sei tulang raso kota tanjung balai. 2019;
3. Prayudhistya BA, Syahadatina Noor M, Istiana I, Juhairina J, Sterina Skripsiana N. Hubungan Dukungan Keluarga Dengan Kepatuhan Konsumsi Obat Tablet Tambah Darah Pada Remaja Putri Di Sma It Sma It Ukhuwah Banjarmasin. *Homeostasis*. 2023;6(1):9.
4. Darmini JVNBAAY. *Jurnal Riset Kesehatan Nasional*. *Ris Kesehat Nas*. 2020;59(1):36–40.
5. Ningtyias FW, Quraini DF, Rohmawati N. Perilaku Kepatuhan Konsumsi Tablet Tambah Darah Remaja Putri di Jember, Indonesia. *J PROMKES*. 2020;8(2):154.
6. Nurjanah A, Azinar M. Kepatuhan Konsumsi Tablet Tambah Darah pada Sekolah Percontohan Kesehatan Reproduksi dan Seksualitas. *Higeia J Public Heal Res Dev*. 2023;7(1):244–54.
7. Mardhiah A, Marlina M. Faktor-Faktor Yang Mempengaruhi Kepatuhan Mengkonsumsi Tablet Fe Pada Ibu Hamil. *Wind Heal J Kesehat*. 2019;2(3):266–76.
8. Widiastuti A, Rusmini R. Kepatuhan Konsumsi Tablet Tambah Darah Pada Remaja Putri. *J Sains Kebidanan*. 2019;1(1):12–8.
9. Yuanti Y. Pengaruh Pemberian Tablet Fe Terhadap Kenaikan Kadar Hemoglobin Pada Remaja. *J Ilm Kesehat Kebidanan [Internet]*. 2020;9(2):1–11. Available from: <https://smrh.e-journal.id/Jkk/article/download/109/69>

10. Harlisa N, Wahyurianto Y, Puspitadewi TR. Pengetahuan , Motivasi , dan Dukungan Keluarga dengan Kepatuhan Konsumsi TTD pada Remaja Putri di SMAN 5 Tuban. 2023;7:20427–35.
11. Ningtyas O, Ulfiana E, Yono N. Hubungan Pengetahuan tentang Anemia dan Dukungan Keluarga terhadap Kepatuhan Konsumsi Tablet Tambah Darah pada Remaja Putri di SMPN 01 Brondong Lamongan. *Indones J Midwifery*. 2021;4(2):128.
12. Samputri FR, Herdiani N. Pengetahuan dan Dukungan Keluarga dengan Kepatuhan Konsumsi Tablet Tambah Darah pada Remaja Putri. *Media Kesehat Masy Indones*. 2022;21(1):69–73.
13. Sari N, Safriana RE. Literatur Review: Hubungan Pengetahuan Dan Kepatuhan Mengonsumsi Tablet Tambah Darah Dengan Kejadian Anemia Defisiensi Besi Pada Remaja Putri. *IJMT Indones J Midwifery Today*. 2023;2(2):29.
14. Harapan S, Ruthnita E, Fanny A, Silaban N, Novalinda C. Dukungan Keluarga Dalam Upaya Meningkatkan Kualitas Hidup Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa Di Rsu Royal Prima Medan Tahun 2019. *J Ilm Keperawatan Imelda*. 2019;5(2):137–42.
15. Ayupir A. Pendidikan Kesehatan dan Terapi Tablet Zat Besi (Fe) terhadap Hemoglobin Remaja Putri. *J Public Heal Res Dev*. 2021;5(3):441–51.