


## OVERVIEW OF FAMILY INFORMATIVE AND EMOTIONAL SUPPORT ABOUT FE SUPPLEMENTATION TO ANEMIA IN ADOLESCENT GIRLS AT STIKES RAJEKWESI BOJONEGORO

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### Abstract

**Background:** Adolescent girls are one group that is prone to suffering from anemia. This is because young women lose iron (Fe) during menstruation so they need more iron (Fe) intake. TTD is given to rheumatism and WUS through supplementation containing at least 60 mg of elemental iron and 400 mcg of folic acid. Objective research is to describe the informational and emotional family support to Fe supplementation. **Method:** This research uses descriptive research where researchers search description of the object under study. the number of samples was 45 respondents Adolescent girls in High school of science Rajekwesi Bojonegoro, Data collection used a questionnaire instrument and displayed in percentages. **Result:** Research is known that of the 45 respondents, the majority of respondents, namely 22 (48.89%) did not receive enough family informative support is known that of the 45 respondents, the majority of respondents, namely 20 (44.43%) did receive enough family emotional support. **Conclusion :** Most families provide insufficient informational support to adolescents regarding Fe supplementation in preventing anemia in adolescents, whereas Most families provide sufficient emotional support for Fe supplementation in adolescents at Rajekwesi Bojonegoro High School of Science

Keyword : Informational support, Emotional support, Fe supplementation

### INTRODUCTION

Adolescent girls are one group that is prone to suffering from anemia. This will have a negative impact on reducing immunity, concentration, learning achievement, youth fitness and productivity if not handled properly. So it is an important matter that the government must handle. According to WHO, the incidence of anemia in adolescent girls in developing countries is around 53.7% of all adolescent girls,

Anemia occurs more often in adolescent girls compared to adolescent boys. This is because young women lose iron (Fe) during menstruation so they need more iron (Fe) intake. TTD is given to rheumatism and WUS through supplementation containing at least 60 mg of elemental iron and 400 mcg of folic acid. This supplementation is provided in several settings, namely health facilities, educational institutions, workplaces and /other



places of worship (Ministry of Health of the Republic of Indonesia, 2017).

Adolescent are required to consume TTD because they menstruate every month. TTD is also useful for replacing iron lost due to menstruation and for meeting iron needs that have not been met from food. Iron in young women is also useful for increasing concentration in studies, maintaining fitness and preventing anemia in future mothers-to-be.

The causes of iron deficiency anemia are lack of iron intake, reduced availability of iron in food, increased need for iron, chronic blood loss, and insufficient knowledge about iron anemia. Sufferers with anemia can disrupt their daily activities. The symptoms that often arise include dizziness, weakness, tiredness, tiredness and lethargy.

Previous research stated that there is a relationship between the environment and TTD (Tablet tambah darah) or blood increasing tablet consumption in young women. The environment in question is everyone who is around young women, such as parents, peers, neighbors who can encourage teenagers to consume

blood increasing tablets (Amir and Djokosujono, 2019). Blood increasing tablets consumption among young women is also related to family support, it is hoped that it can break the chain of stunting, reduce the incidence of anemia, as well as increasing iron reserves in the body as provisions for young women so that they will later become mothers who give birth to a healthy next generation. So it is necessary to carry out research on how family support regarding Fe supplementation against anemia in adolescent girls at Stikes Rajekwesi Bojonegoro in 2023.

## METHOD

This research uses descriptive research where researchers search description of the object under study. The variables in this research are family informative and emotional support regarding Fe supplementation against anemia in adolescent women, the number of samples was 45 respondents Adolescent girls in High school of science Rajekwesi Bojonegoro, Data collection used a questionnaire instrument and displayed in percentages.

## RESULT

The research results below show the Frequency Distribution of Informative Support and emotional support in Fe supplementation for adolescent girls at High school of science Rajekwesi Bojonegoro in 2023. As for the results as following .

Table 1 Frequency Distribution of Informative Support in Fe supplementation for adolescent girls at High school of science Rajekwesi Bojonegoro in 2023

No	Variable informative support	Frequency	
		n	%
1	Good	5	11,11
2	Enough	18	40,00
3	Not enough	22	48,89
	Total	45	100

Based on table 1 is known that of the 45 respondents, the majority of respondents, namely 22 (48.89%) did not receive enough family informative support related to Fe supplementation to prevent anemia in young women, while 18 respondents (40.00%) received enough family informative support in Fe supplementation

Table 2 Frequency Distribution of Emotional Support in Fe supplementation for adolescent girls at High school of science Rajekwesi Bojonegoro in 2023

No	Variable informative support	Frequency	
		n	%
1	Good	10	22.23
2	Enough	20	44,43
3	Not enough	15	33,34
	Total	45	45

Based on table 2 is known that of the 45 respondents, the majority of respondents, namely 20 (44.43%) did receive enough family emotional support related to Fe supplementation to prevent anemia in Adolescent, while 15 respondents (33,34%) did not received enough family emotional support in Fe supplementation

## DISCUSSION

Informational Family Support is where the family functions as a disseminator and provider of

information. Explains the provision of advice and suggestions that can be used to solve the disease. Aspects of this support include suggestions, suggestions, advice, instructions, and providing information, reminding the patient's schedule. Here it is hoped that the information assistance provided by the family can be used by individuals in overcoming the problems they are facing (Wulandari, 2019). Family support, especially parents, plays an important role in compliance with taking blood supplement tablets. This support is needed to foster confidence and positive perceptions in young women about the importance of consuming blood supplement tablets to prevent the risk of anemia (Samputri and Herdiani, 2022).

According to Byba et al. emotional support means that parents have a role in accepting the child's condition and providing participation in parenting. Adolescent girls' compliance with consumption blood increasing tablets are influenced by other people like parents, good parental knowledge about nutrition and its consequences will encourage teenagers daughter to take blood

supplement tablets. Family support comes from father and mother such as emotional support, namely a sense of mother's pride and also reminders and physical support ie assistance when consuming blood supplement tablets (Rahayuningtyas, Indraswari and Musthofa, 2021). In accordance with L. Green's behavioral theory that reinforcing factors such as Family support can influence someone's behavior (Samputri and Herdiani, 2022)

## CONCLUSION

Most families provide insufficient informational support to adolescents regarding Fe supplementation in preventing anemia in adolescents, whereas Most families provide sufficient emotional support for Fe supplementation in adolescents at Rajekwesi Bojonegoro High School of Science

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