

Analysis Of The Consumption Behaviour Of Blood Supplement Tablets Among Female Students At Stikes Panakkukang

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ABSTRACT

Blood supplement tablets are very important in consumption for female students as iron supplementation and to avoid various impacts, one of which is anaemia. Lack of consumption of blood supplement tablets can cause symptoms such as weakness, fatigue, lethargy, fatigue, inattentiveness, dizziness, and decreased learning concentration. To know the knowledge, attitude and behaviour of female students in consuming blood supplement tablets in female students at STIKES Panakkukang. Research. Analytical design with a retrospective approach. The research sample was 217 respondents with the sampling technique was probability sampling, namely Proportionate stratified random sampling. The instrument used a questionnaire in the form of google form. Results: There is a relationship between knowledge, attitudes and behaviour of female students in consuming blood tablets in female students at STIKES Panakkukang with a p value of 0.001 and 0.005 where the p value is <0.05 so that it is concluded that H_0 is rejected and H_a is accepted. Good knowledge and positive attitudes of female students related to blood tablets have a relationship with good behaviour of female students in consuming blood tablets. Especially for female students in higher education to improve the behaviour of consuming blood tablets and self-awareness of the importance of consuming blood tablets.

Keywords: Behaviour, Blood Supplement Tablets, Female Students.

INTRODUCTION

Blood supplement tablets are nutritional supplements in the form of tablets, caplets or capsules that can be obtained through government programmes or independently. Blood supplement tablets are one of the government's preventive measures to address the problem of insufficient iron intake in adolescent girls and women of childbearing age with the aim of improving nutritional status and haemoglobin levels. (Imra'atul Hasanah et al., 2023).

Based on the data report from RISKESDAS 2018, 76.2% of adolescent girls received blood supplement tablets, while 23.8% did not receive them. In addition, 98.6% of adolescent girls consumed less than 52 grains of blood supplement tablets, while only 1.4% consumed more than 52 grains. From this data, it can be concluded that the programme to provide blood supplement tablets to adolescent girls has not been running well, in fact as many as 98% of adolescents have not taken blood supplement tablets as recommended (Nadiya, 2023). Although the provision of blood supplement tablets has become a national programme, there are still obstacles in its implementation so that the target coverage of blood supplement tablets in adolescent girls has not been achieved according to the set target. RISKESDAS 2018 also noted that adolescents aged 16-18 years did not finish the 52 grains of blood supplement tablets given. In 2020, the percentage of coverage of blood supplement tablets among adolescent girls in Indonesia reached 39%.

Ranisri Lende et.al (Analisis Perilaku Konsumsi Tablet Tambah Darah Pada

Mahasiswa Di STIKES Panakkukang)

In South Sulawesi, the proportion of the main reasons for adolescent girls not getting / buying blood-added tablets in the last 12 months were not knowing as much as 52.1%, not given by officers as much as 23.3% and felt unnecessary / not useful as much as 9.9%, while the Indonesian Health Survey (2023) also reported that the main reason for the 19-year-old age group in the last 12 months did not get / buy blood-added tablets because they did not know with the highest score of 47.6% and felt unnecessary / not useful as much as 20.0% (Munira, 2023)

Lack of consumption of blood supplement tablets can cause various impacts, one of which is anaemia. (Nadiya, 2023). In adolescent girls this can cause symptoms such as weakness, fatigue, lethargy, fatigue and inattention (5L), headaches, dizziness and decreased learning concentration. If this continues, it can have a negative impact on adolescent girls, namely decreased productivity so as to reduce the ability to think dexterity and lack of concentration and can reduce learning achievement (Kemenkes,2018)..

One of the efforts to increase the consumption of blood tablets in adolescent girls is to increase the behaviour of consumption of blood tablets that begins with knowledge and attitudes. Skinner argued that behaviour is a person's response or reaction to an external stimulus.. (Anita, 2022). Hasil This is supported by the results of research conducted by (Aliyah et al.,2023) The knowledge on the behaviour of taking blood supplement tablets shows that adolescent girls have not implemented the behaviour of taking blood supplement tablets routinely as recommended.

METHODS

This study used a retrospective research design, taking a large sample with a population of 476 respondents using the Slovin formula with a probability sampling method with Proportionate stratified random sampling technique so that a sample of 217 respondents was obtained. The independent variable in this study was behaviour and the dependent variable was blood supplement tablets. Univariate analysis is knowledge, attitudes and behaviour. bivariate analysis using chi-square statistical test with p value <0.05 then there is a relationship between knowledge, attitudes and behaviour of female students in taking blood tablets.

RESULTS

Characteristics Of Respondents

The characteristics of respondents in this study are female students which include age, study programme, and batch.

Table.1

Frequency Distribution Based on Age, Study Programme, and Respondent Force at STIKES Panakkukang.

Characteristics of respondents	Frequency (f)	Percentage (%)
Age		
19	16	7.4
20	63	29.0
21	87	40.1
22	48	22.1
23	3	1.4
Total	217	100.0
Study Programme		
Bachelor of Nursing	32	14.7
Diploma in Nursing	21	9.5
D3 Medical Records and Health Information	164	75.6
Total	217	100.0
Forces		
2021	11	5.1
2022	95	43.8
2023	111	51.2
Total	217	100.0

Source: Primary Data July 2024

Based on table 1 shows the frequency distribution of respondents based on age, the age category of 22 years is the most, namely 87 respondents (40.1%), based on the study programme obtained by D3 RMIK study programme with the highest data of 164 respondents (75.6%) and based on the class of 2023 as many as 111 respondents (51.2%).

Table 2

Frequency Distribution of Student's Knowledge in taking Blood Addition Tablets at STIKES Panakkukang

Knowledge	f	%
Good	208	95.9
Not Good	9	4.1
Total	217	100

Source: Primary Data July 2024

Based on table 2 above, it can be interpreted that 208 female students (95.9%) have good knowledge related to blood supplement tablets and at least 9 respondents have poor knowledge (4.1%).

Table 3

Frequency distribution of the attitude of female students in consuming Blood Addition Tablets at STIKES Panakkukang

Attitude	f	%
Positive	183	84.3
Negative	34	15,7
Total	217	100

Source: Primary Data July 2024

Based on table 3 shows that the attitude of female students in consuming blood supplement tablets is the most positive attitude with 183 students (84.3%) and those who have a negative attitude are 34 students (15.7%).

Table 4

Frequency distribution of female students' behaviour in consuming Blood Additive Tablets at STIKES Panakkukang.

Behaviour	f	%
Good	180	82.9
Less good	37	17.1
Total	217	100

Source: Primary Data July 2024

Based on table 4 above, it shows that the behaviour of female students in consuming blood supplement tablets is mostly good behaviour with a total of 180 students (82.9%) and those with poor behaviour are 37 students (17.1%).

Table 5

Knowledge and Attitude of College Students in Taking Blood Addition Tablets at STIKES Panakkukang

Knowledge	Attitude Category		Total		p value	
	Positive		Negative			
	F	%	F	%	f	%
Good	180	86.5	28	13.5	208	100,0
Poor	3	33.3	6	66.7	9	100,0
Knowledge	183	84,3	34	15.7	217	100,0

Source: Primary Data July 2024

Based on table 5 above shows that of 217 female students at STIKES Panakkukang, 208 female students have good knowledge 180 (86.5%) with positive attitudes, and 28 female students (13.5%) with negative attitudes. While 9 female students who have poor knowledge are 3 (33.3%) female students with positive attitudes and 6 (66.7%) female students with negative attitudes.

From the results of statistical analysis using the chi square test (Fisher's Exact Test) with a level of significance $\alpha = (0.05)$ ($p < \alpha$) obtained a p value of 0.001. These results indicate that there is a relationship between knowledge and attitude of female students in consuming blood supplement tablets at STIKES Panakkukang.

Table .6

Attitude with Behaviour in Taking Blood Addition Tablets						
Attitude	Behaviour Category				Total	
	Good		Less		p value	
	f	%	f	%	f	%
Positive	164	85,9	27	14,1	191	100,0
Negative	10	38,5	16	61,5	26	100,0
Total	174	82,9	43	17,1	217	100,0

Source: Primary Data July 2024

Based on table 6 above shows that of 217 female students at STIKES Panakkukang, 191 female students have a positive attitude 164 (85.9%) with good behaviour and 27 female students (14.1%) with poor behaviour. Whereas 26 female students who had poor behaviour were 10 female students (38.5%) with a negative attitude and as many as 16 (61.5%) female students with poor behaviour.

From the results of statistical analysis using the chi square test (Fisher's Exact Test) with a level of significance $\alpha = (0.05)$ ($p < \alpha$) obtained a p value of 0.005. These results indicate that there is a relationship between attitude and behaviour of female students in consuming blood supplement tablets at STIKES Panakkukang.

DISCUSSION

Knowledge of female students related to blood supplement tablets

Based on the results of data analysis that has been done, data regarding the knowledge of female students related to blood-added tablets is obtained that of 217 female students, 208 (95.9%) female students have good knowledge and 9 respondents (4.1%) have poor knowledge of blood-added tablets, of which 4 respondents from the SI study programme, 1 respondent from the D3 Nursing study programme and 4 other respondents from the D3 RMIK study programme. This shows that there are still some respondents from each study programme who do not know about blood tablets, then the majority of respondents also have good knowledge of blood tablets. Furthermore, based on age, respondents with the age category 19-21 years were 7 people and 22-23 years old were 2 people.

According to Sudarminta (2002) there are several factors that influence knowledge, namely memory, testimony, interest, curiosity, thought and reasoning, logic, language, and human needs. However, according to Notoatmodjo (2002), factors that influence knowledge include level of education, information, culture, and experience. Knowledge has a very important role in the process of behaviour formation. Based on knowledge, awareness and positive attitudes, the behaviour will be more meaningful than behaviour without the basis of knowledge.

This research is in line with research conducted by Pamangin (2023) showed that knowledge is significantly related to the consumption of blood supplement tablets in female students of Cenderawasih University with a p value (0.035). This is supported by the educational environment and easy access to information among female students.

The research conducted by Wahyuningsi dan Rohmawati (2022) The results showed that out of 38 respondents, 21 respondents were moderately knowledgeable (55.3%) and 17 respondents were well knowledgeable (44.71%) with a significant value (0.001) so that it can be concluded that there is a significant relationship between knowledge and compliance with blood tablet consumption in adolescent girls at SMPN 1 Karangnongko.

Based on the researcher's analysis, from filling out the questionnaire that has been done that the majority of respondents already know and understand the definition of blood tablets with most respondents 94% have answered correctly on point 1, the benefits of taking blood tablets most respondents 89.4% answered correctly, drinking rules as many as 119 respondents

(54.8%), the reason why blood tablets are important in consumption most of 208 respondents (95.9%) have answered correctly and as many as 193 (88.9%) respondents have answered correctly what drinks inhibit the absorption of tablets added.

Attitude of female students in consuming Blood Additive Tablets

Based on table 5.3 above, of the 217 respondents, 183 respondents (84.3%) had a positive attitude towards taking blood tablets and 34 respondents (15.7%) had a negative attitude, of which the most from the D3 RMIK study programme were 22 respondents, the SI Nursing study programme were 7 respondents and the D3 Nursing study programme were 5 respondents. Furthermore, based on age, respondents with the age category 22-23 years the most, namely 22 respondents had a negative attitude towards the consumption of blood tablets and the age category 19-21 years as many as 12 respondents.

The factors influencing the formation of attitudes according to Kristina (2007) namely personal experience, other people, culture, mass media and others. Based on research conducted by Andani, et al (2020), it shows that there is an attitude relationship to the consumption of blood-added tablets in adolescent girls at SMP N1 Kepahiang with a significant value ($p = 0.048$). From the study it was explained that adolescent girls were concerned about the health of their bodies, which began with the response of adolescents in consuming blood-added tablets.

The same research conducted by Quraini (2019) explained that there is a relationship between the attitude of adolescent girls with the intention of obeying the consumption of blood-added tablets with regularity in adolescent girls. As for other research conducted by Ningsih (2023) with the results of research that of 127 adolescent girls, most (56.7%) have a positive attitude about the consumption of blood-added tablets and this positive attitude is influenced by personal experience and the influence of other people who are considered important such as counselling from health workers.

Based on the researcher's analysis of the questionnaires that have been done, it is known that as many as 127 respondents agree with the statement point 1, namely 'blood tablets are good to drink every day during menstruation' and who answered strongly agree as many as 73 respondents. Furthermore, in point 2 of the statement 'adolescent girls take blood tablets once a week when not menstruating' as many as 140 respondents and who answered strongly agreed as many as 69 respondents. In another statement that said 'anaemia should be prevented by drinking TTD which is consumed correctly and regularly' most of the 106 respondents answered strongly agree. On another statement point 'you should drink TTD together with tea' as many as 161 rejected the statement with 161 respondents disagreeing.

Behaviour of female students in consuming blood supplement tablets

Based on the results of data analysis in table 5.4 above, data obtained that as many as 180 respondents (82.9%) had good behaviour, while 37 respondents (17.1%) had poor behaviour in consuming blood-added tablets, of which 37 respondents who had poor behaviour were from the highest RMIK study program, namely 29 respondents, 7 respondents from the Bachelor of Nursing study program and 1 respondent from the D3 Nursing study program. Furthermore, based on the age of 21-23 years, 27 respondents had poor behaviour in consuming blood-added tablets and the age category 19-20 years as many as 10 respondents. This shows that from each study programme some female students still have poor behaviour in consuming blood tablets..

Notoatmodjo (2007), as quoted in Cahyani et al (2019) explains behaviour as all human actions that can be observed either directly or indirectly. This shows that behaviour occurs if there is something that is needed to cause a reaction, also known as a stimulus. According to Lawrence Green's theory, the factors that influence behaviour are into 3 factors while the behaviour itself is formed through knowledge and attitudes.

Based on research conducted by Dewi et al (2020) The results showed that most of the

female students had good blood tablet consumption behaviour due to access to information through mass media or counselling. With the access and availability of information facilities, most respondents (88.30%) said strongly disagree (8.19%) that taking blood supplement tablets with tea.

Based on the researcher's analysis of the questionnaire filling behaviour 124 respondents answered yes to the question 'do you take TTD every month' and 93 respondents answered no. On another statement 'do you take TTD at least 1 tablet every week' 127 respondents answered yes while 90 respondents answered no. In another statement 'do you take TTD at least 1 tablet every week', 127 respondents answered yes while the other 90 respondents answered no. Furthermore, in the statement 'do you take TTD at least 1 tablet a day during menstruation', 127 respondents answered yes while the rest answered no. Furthermore, on the statement 'do you take TTD at least 1 tablet a day during your period', 105 respondents answered yes and 112 respondents answered no to the statement. This shows that there are still some respondents who have not consumed TTD during menstruation.

Analysis of knowledge and attitudes of female students in consuming blood-added tablets

Based on the results of the analysis of knowledge and attitudes of female students in consuming blood tablets, namely 217 respondents, the results show that there is a relationship between good knowledge and positive attitudes, and there is a relationship between poor knowledge and negative attitudes of female students in consuming blood tablets. This is due to the fact that the respondents had already received blood tablets when they were still at the high school and junior high school levels and were always interspersed with counselling from health workers when distributing blood tablets.

The results of statistical test analysis using the Chi- Square test obtained a p value of 0.001. These results indicate that H_0 is rejected and H_a is accepted. Thus it can be concluded that there is a significant relationship between knowledge and the attitude of female students in taking blood supplement tablets at STIKES Panakkukang.

Discussion based on the results of statistical tests using the chi square test that has been explained and reinforced by previous research, the researcher assumes that there is a relationship between knowledge and attitudes in consuming blood supplement tablets in female students at STIKES Panakkukang, assuming that students are already at a higher level of education, especially in the scope of health colleges so that experience from high school is related to counseling from health workers and distribution of blood supplement tablets at school and researchers also assume that easy access to information among health students is also very influential in obtaining knowledge.

Attitude with the behaviour of college students in consuming blood supplement tablets

Based on the results of the analysis of attitude and behaviour, the data obtained there is a positive attitude relationship with good behaviour of 85.6% in taking blood tablets and there is a negative attitude relationship with poor behaviour of 59.1% in taking blood tablets. The results of the analysis using the Chi-Square statistical test obtained a significant value of 0.005 which indicates that H_0 is rejected and H_a is accepted. Thus, it can be concluded that there is a significant relationship between attitude and behaviour of female students at STIKES Panakkukang in taking blood supplement tablets.

Discussion based on the test results using Chi-Square and reinforced by previous research, the researcher assumes that there is a relationship between attitude and the behaviour of female students of STIKES Panakkukang in consuming blood-added tablets due to the existence of knowledge, self-awareness of individuals who encourage individuals to consume blood-added tablets. In addition, the influence of mass media and information related to blood-added tablets also affects a person's attitude and behaviour.

CONCLUSION

1. Based on the results of research and discussion of the analysis of the consumption behaviour of blood supplement tablets in female students at STIKES Panakkukang, it can be concluded that:
2. Knowledge of female students about blood tablets in the good category as many as 208 (95.9%) respondents.
3. The attitude of female students about blood tablets added to the majority of positive attitudes as many as 195 (89.9%) respondents.
4. The behaviour of female students of STIKES Panakkukang in consuming blood tablets is mostly good as many as 180 (82.9%) respondents.
5. There is a relationship between knowledge and attitude in consuming blood tablets in female students at STIKES Panakkukang with chi-square test obtained a significant value of $p=0.001$ $\alpha = (0.05)$ ($p < \alpha$).
6. There is a relationship between attitude and behaviour in consuming blood tablets in female students at STIKES Panakkukang with chi-square test) obtained a significant value of $p=0.005$ $\alpha = (0.05)$ ($p < \alpha$).

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