

RESEARCH ARTICLES

Knowledge, Peer Support and Adherence to Blood Supplement Tablet Use Among Adolescent Girls

Pengetahuan, Dukungan Teman Sebaya dan Kepatuhan

Konsumsi TTD pada Remaja Putri

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Abstract

Anemia among adolescent girls remains a serious public health concern in Indonesia, with prevalence of 18% reported in 2023. Although the government has implemented blood supplementation programs, adherence to tablet consumption remains a challenge. Although several studies have examined factors associated with adherence to blood supplement tablet consumption, adherence among adolescent girls remains low, indicating the need for further research related to factors associated with adherence to blood supplement consumption. This study aimed to analyze the associations between knowledge and peer support and TTD adherence among adolescent girls. A cross-sectional design was employed, using total sampling of 184 tenth-grade female students from Senior High School 1 Kademangan, Blitar Regency. Data were collected via validated questionnaires administered through Google Forms. Data analysis was conducted using the Chi-square test, with a significance level set at $p < 0.05$. Results showed that the majority of subjects had insufficient knowledge about blood supplement tablets (51%), low peer support (75%), and low adherence to TTD consumption (91%). Statistical analysis revealed significant associations between knowledge and adherence ($p = 0.020$) as well as between peer support and adherence ($p = 0.044$). These findings underscore the importance of comprehensive health education and peer-led empowerment initiatives in improving adherence to blood supplement programs among adolescent girls.

Keywords: adherence, adolescent girls, anemia, peer support

Article history :

Submitted 22 December 2025

Accepted 25 July 2026

Published 05 August 2026

PUBLISHED BY:

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Abstrak

Anemia pada remaja putri masih menjadi salah satu masalah kesehatan masyarakat yang serius di Indonesia, dengan prevalensi sebesar 18% pada tahun 2023. Meskipun pemerintah telah menerapkan program suplementasi zat besi, kepatuhan dalam mengonsumsi tablet tambah darah masih menjadi tantangan. Meskipun berbagai penelitian telah mengkaji faktor-faktor yang berhubungan dengan kepatuhan konsumsi tablet tambah darah, tingkat kepatuhan pada remaja putri masih rendah sehingga diperlukan penelitian lebih lanjut mengenai faktor-faktor yang berhubungan dengan kepatuhan konsumsi tablet tambah darah. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan dan dukungan teman sebaya dengan kepatuhan konsumsi tablet tambah darah pada remaja putri. Penelitian ini menggunakan desain cross-sectional dengan teknik total sampling terhadap 184 siswi kelas X di SMA Negeri 1 Kademangan, Kabupaten Blitar. Data dikumpulkan menggunakan kuesioner yang telah divalidasi dan diberikan melalui Google Forms. Analisis data dilakukan menggunakan uji Chi-square dengan tingkat kemaknaan $p < 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar subjek memiliki pengetahuan yang kurang tentang tablet tambah darah (51%), dukungan teman sebaya yang rendah (75%), dan kepatuhan konsumsi yang buruk (91%). Hasil analisis statistik menunjukkan adanya hubungan yang signifikan antara pengetahuan dengan kepatuhan konsumsi ($p = 0,020$) serta antara dukungan teman sebaya dengan kepatuhan konsumsi ($p = 0,044$). Temuan ini menegaskan pentingnya edukasi kesehatan yang komprehensif dan pemberdayaan teman sebaya dalam meningkatkan kepatuhan terhadap program konsumsi tablet tambah darah pada remaja putri.

Kata kunci: anemia, dukungan teman sebaya, kepatuhan, remaja putri

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Highlight:

- The majority of adolescent girls still demonstrate low compliance in consuming TTD adherence, which aligns with the high proportion of limited knowledge and the lack of social support within their peer environments.
- Adolescent girls' level of knowledge regarding anemia prevention, dosage guidelines, and the benefits of TTD adherence is significantly associated as an internal driving factor for regular supplement adherence.
- Support systems and motivation from peer groups play a vital role as external determinants that establish positive social norms to enhance TTD adherence compliance among adolescents.

INTRODUCTION

Anemia is a serious public health problem, particularly among adolescent girls aged 13–18 years. Adolescent girls are at greater risk of anemia because of significant iron loss from their monthly menstrual cycle (Ilham et al., 2023). Anemia in adolescent girls has broad negative effects, including impaired reproductive health, hindered motor and cognitive development, poorer mental condition, reduced cognitive ability, low academic achievement, poor fitness, and failure to reach ideal height (Jaswadi, 2020).

The 2018 Basic Health Research reported an anemia prevalence of up to 32% in the 15–24 year age group, meaning 3–4 in 10 adolescents had anemia (Kemenkes, 2021). Although the 2023 Indonesian Health Survey reported a decline to 15.5% overall, with 18% among adolescent girls, this figure is still high against the WHO standard, which sets 10% as the threshold for high prevalence (Kemenkes, 2023). East Java ranked 11th among provinces with the highest anemia prevalence, and Blitar Regency recorded 2.7% of adolescent girls with anemia in 2021 (Dinkes, 2021).

The government has issued a policy regarding the provision of TTD supplements in accordance with Minister of Health Regulation No. 88 of 2014 and Circular Letter No. HK 03.03/V/0595/2016 concerning the standards for TTD adherence in adolescent girls and women of childbearing age. Routine consumption of one tablet per week and one tablet daily during menstruation offers significant benefits, such as strengthening the immune system, improving academic concentration, preventing anemia, and enhancing nutritional intake (Hardianti dan Nikma, 2024). Nevertheless, compliance among adolescent girls in taking IFA supplements remains a distinct challenge. A preliminary study conducted on April 25, 2025, involving six adolescent girls at SMA Negeri 1 Kademangan revealed that only two individuals regularly consumed TTD adherence. The remaining four were non-compliant due to various reasons, including side effects like nausea, feeling that supplementation was unnecessary, and negative peer behavior such as teasing or discarding the tablets. This phenomenon indicates that compliance with TTD adherence consumption is influenced by a complex array of factors.

Knowledge plays a fundamental role in shaping adolescents' behavior and attitudes toward TTD consumption. A study by Hilmiati *et al.* (2025) at SMAS Al-Huda Pekanbaru found that 45.9% of adolescent girls had poor knowledge about TTD due to a lack of education regarding their benefits. This low level of understanding may stem from insufficient information provided by teachers, healthcare workers, and families, as well as the individuals' capacity to comprehend the information received.

In addition to knowledge, peer support plays a crucial role in TTD adherence compliance. Adolescent girls tend to have a strong desire to be liked and accepted within their social circles, leading them to imitate the habits and attitudes of their peers (Lindawati, 2023). Positive peer support encourages compliance, whereas negative influences can diminish adherence to TTD adherence intake (Mohammad dan Arda, 2023).

Utomo *et al.* (2020) highlighted in their study that peer support remains sub-optimal in motivating adolescents to take TTD regularly. Although numerous studies have been conducted on the factors influencing TTD adherence compliance, the rate of adherence among adolescent girls remains low. Furthermore, limited research has analyzed the relationship between knowledge and peer support with IFA supplement compliance among adolescent girls in the Blitar region. Driven by these issues, this study aims to analyze the relationship between knowledge and peer support and the compliance of TTD adherence intake among adolescent girls at SMA Negeri 1 Kademangan, Blitar Regency. The findings of this study are expected to contribute to efforts to improve TTD adherence compliance through educational approaches and the reinforcement of social support among adolescent girls.

METHODS

This study used a quantitative method with a cross-sectional approach. It was conducted at SMAN 1 Kademangan, Blitar Regency, in November 2025. The study population comprised all 184 tenth-grade female students who had taken TTD for two weeks. Sampling used total sampling, in which the entire population served as subjects (Suriani et al., 2023). The independent variables were knowledge and peer support, while the dependent variable was TTD adherence.

Three validated questionnaires were used. The knowledge questionnaire comprised 15 questions modified by Hanum et al. (2025), with a Cronbach's alpha of 0.745, covering the definition of anemia, causes, effects, signs and symptoms, prevention, iron sources, the definition of TTD, benefits, side effects, and how to take it. The peer-support questionnaire used a modified Likert scale (Hilmiati et al., 2025), with a Cronbach's alpha of 0.625, covering emotional, esteem, instrumental, and informational support. The adherence questionnaire adopted the Morisky Medication Adherence Scale (MMAS-8) from Islamiyah et al. (2026), with a Cronbach's alpha of 0.726.

Data were collected after obtaining permission from the school and parents and approval from the Ethics Committee of ITSK RS dr. Soepraoen (No. KEPK-EC/365/XI/2025). Subjects completed the questionnaires online via Google Forms. Data analysis comprised univariate analysis to describe subject characteristics and the distribution of each variable, and bivariate analysis using the chi-square test with a significance level of $p < 0.05$.

RESULTS AND DISCUSSIONS

Subject characteristics by age

Table 1 shows that, regarding TTD knowledge, of 184 subjects, 93 students (51%) had insufficient knowledge and only 31 students (17%) had good knowledge. This indicates that more than half of the adolescent girls at SMAN 1 Kademangan, Blitar Regency, had a limited understanding of the benefits, function, and importance of taking TTD regularly.

Table 1. Subject characteristics by age

Characteristic	n	%
14 years	6	3.2
15 years	77	41.5
16 years	97	52.4
17 years	4	2.2
Total	184	100

Source: Primary data, 2025

Frequency distribution of TTD knowledge among adolescent girls

Table 2 shows that most adolescent girls had low peer support, at 138 subjects (75%). This indicates that peer support, motivation, and attention toward TTD adherence were still very limited.

Table 2. Frequency distribution of TTD knowledge among adolescent girls

Variable	n	%
Good	31	17
Fair	60	33
Insufficient	93	51
Total	184	100

Source: Primary data, 2025

The findings showed that most Grade 10 adolescent girls at SMAN 1 Kademangan had low to inadequate knowledge about TTD. This indicates that they did not fully understand the benefits, side effects, and recommended consumption of TTD. Limited knowledge may contribute to non-adherence to TTD consumption, with some students choosing to keep or discard the tablets. This condition may be influenced by inadequate education, resulting in general information about TTD that is insufficient to develop a deeper understanding among adolescent girls (Utomo et al., 2020).

The findings are consistent with a study by Azahrah et al. (2021) at SMA Negeri 6 Denpasar, which found a significant relationship between knowledge and adherence to iron supplementation tablet (TTD) consumption, with a p -value of 0.001. Using the MMAS-8 instrument, the study showed that adolescent girls with good knowledge were generally more adherent than those with limited knowledge of TTD. A study by Anggraeni et al. (2025) also found a significant relationship (p -value < 0.05), indicating that inadequate knowledge about anemia and TTD was one of the main causes of non-adherence. Uneven knowledge may contribute to low adherence despite the implementation of the TTD program. The study conducted at SMAN 1 Kademangan, Blitar Regency, indicates that knowledge is a crucial factor in determining adherence to TTD consumption. Understanding the importance of regular TTD consumption can encourage adolescent girls to take preventive measures against anemia. Better knowledge is associated with higher adherence to TTD consumption (Rohani, 2025). Therefore, continuous education in schools is needed, as knowledge alone is insufficient without sustained social support and motivation.

Frequency distribution of peer support among adolescent girls

Table 3 shows that 168 students (91%) had low adherence, while only 2 students (1%) had high adherence to iron supplementation tablet (TTD) consumption. These findings indicate that almost all adolescent girls had low adherence to the recommended regular consumption of TTD according to the prescribed guidelines. In addition to knowledge, peer support plays an important role in adherence to TTD consumption. The findings show that adolescent girls who received positive support from their peers were more adherent than those who received no support or experienced teasing from their peers. These findings are consistent with a study by Ilham et al. (2023), which found a significant association between peer support and adherence to TTD consumption among female students at SMP Negeri 1 Mamuju, with a p -value of 0.001. Another study by Susanti et al. (2024) also supports these findings, reporting a significant relationship between peer support and TTD adherence (p -value < 0.001). In that study, 86 students (45.3%) received peer support, while unsupportive peers numbered 104 (54.7%).

Table 3. Frequency distribution of peer support among adolescent girls

Variable	Total	
	n	%
Good	11	6
Fair	35	19
Low	138	75
Total	184	100

Source: Primary data, 2025

Low levels of peer support are associated with individual attitudes, limited awareness, and potential negative peer pressure. Positive support can be strengthened through improved social interactions, motivation, and the ability to overcome barriers. Increased health awareness and a supportive social environment can help improve adherence to TTD consumption among adolescent girls (Anggraeni et al., 2025). These findings indicate that peer support plays an important role in shaping adherence among adolescent girls, as it can foster a sense of belonging, motivation, and emotional comfort that supports healthy behaviors (Damayanti et al., 2025).

Frequency distribution of TTD adherence among adolescent girls

Based on Table 4, most adolescent girls at SMAN 1 Kademangan had a low level of adherence to Iron Supplementation Tablet (TTD) consumption, with 168 students (91%) classified as having low adherence. Meanwhile, only 14 students (8%) had moderate adherence, and very few students achieved a high level of adherence, with only 2 students (1%).

Table 4. Frequency distribution of TTD adherence among adolescent girls

Variable	n	%
High	2	1
Moderate	14	8
Low	168	91
Total	184	100

Source: Primary data, 2025

Adherence to TTD consumption among adolescent girls at SMAN 1 Kademangan remains suboptimal. Some adolescent girls do not consume TTD regularly due to reasons such as nausea, difficulty swallowing the tablets, forgetting, lack of motivation, dislike of the smell, and feeling that they are already healthy. This condition indicates that although the TTD supplementation program has been implemented for a considerable period, individual-level barriers to its implementation remain. These findings are consistent with Damayanti et al. (2025), who reported that adherence to TTD consumption is influenced by various factors, including knowledge, social support, and motivation. The findings demonstrate that adherence to TTD consumption is influenced not only by knowledge as an internal factor but also by external factors, particularly peer support, which can create social norms that encourage adherence.

Analysis of knowledge and TTD adherence

The analysis in Table 5 shows a significant association between TTD knowledge and TTD adherence among students at SMAN 1 Kademangan, Blitar Regency. The

analysis gave $p = 0.02 < 0.05$, indicating a significant association between knowledge and TTD adherence. Some 93 students (50.5%) had insufficient knowledge, so most girls were in the low-adherence category, at 87 students (47.3%).

Table 5. Analysis of TTD knowledge and TTD adherence

TTD Knowledge	Adherence to TTD Consumption						<i>p-value</i>	
	Low	%	Moderate	%	High	%	Total	%
Good	25	13.6	4	2.2	2	1.1	31	16.8
Fair	56	30.4	4	2.2	0	0	60	32.6
Insufficient	87	47.3	6	3.3	0	0	93	50.5
Total	168	91.3	14	7.6	2	1.1	184	100

Note: *Chi-square test, significant if $p\text{-value} < 0.05$

This condition indicates that limited knowledge among adolescent girls about the benefits and proper consumption of TTD, as well as the effects of iron deficiency, may contribute to lower adherence to TTD consumption. This finding is consistent with Siyami et al. (2023), who reported that 36.2% of subjects had inadequate knowledge and 79.5% had low adherence, indicating that knowledge is an important factor in shaping adherence behavior. Adherence is influenced by knowledge, which can shape individual attitudes toward regular TTD consumption (Faizah, 2022). Therefore, adequate knowledge is essential for adolescent girls to understand the benefits of TTD in preventing anemia and improving learning concentration..

Analysis of peer support and TTD adherence

The analysis also showed a significant result with $p = 0.04$ ($p < 0.05$), indicating a positive and significant association between peer support and TTD adherence. This positive correlation means that greater peer support is associated with better adherence to regular TTD consumption among adolescent girls.

Table 6. Analysis of peer support and TTD adherence

Peer Support	Kepatuhan Konsumsi TTD						<i>p-value</i>	
	Low	%	Moderate	%	High	%	Total	%
Good	10	5.4	1	0.5	0	0	11	6.0
Fair	32	17.4	1	0.5	2	1.1	35	19.0
Low	126	68.5	12	6.5	0	0	138	75.0
Total	168	91,3	14	7.6	2	1.1	184	100

Note: *Chi-square test, significant if $p\text{-value} < 0.05$

The findings show $p = 0.04$ ($p < 0.05$), indicating a significant association between peer support and TTD adherence. Most girls had low peer support, at 138 students (75%), and most of them were also insufficiently adherent, at 126 students (68.5%). This finding indicates that the peer environment is significantly associated with adolescent girls' health behavior. Girls may lack the social motivation to adhere to TTD if they receive no encouragement, invitation, or positive behavioral example from peers.

In the moderate-peer-support group of 35 students (19%), most still had low adherence, at 32 students (17.4%). In the good-support group of only 11 students (6%), most still had low adherence, at 10 students (5.4%). This shows that girls who receive little support or motivation from peers tend to have low adherence. Even among girls

with better peer support, that support was not yet strong enough to improve their adherence, possibly because of little regular encouragement, no interaction about TTD, and no peer example of regular TTD consumption. This aligns with Maheswari et al. (2024), who found a significant association between peer support and adolescent girls' TTD consumption behavior ($p < 0.001$). That study showed that peers are a social factor for promoting healthy behavior, especially TTD adherence. Peer support thus plays an important role in behavior, such as advice, attention, and encouragement to take TTD.

Study limitations

This study has several limitations to consider when interpreting the results. Only two factors knowledge and peer support were analyzed. Other factors that may affect TTD adherence, such as family support, motivation, or side effects, were not explored. The results are expected to serve as an evaluation for schools, school health (UKS) programs, and health workers to improve education, mentoring, and monitoring to increase TTD adherence.

CONCLUSIONS

Among the 184 tenth-grade female students at Senior High School 1 Kademangan, Blitar Regency, 51% had insufficient knowledge of TTD, 75% had low peer support, and 91% had low TTD adherence. Significant associations were found between knowledge and TTD adherence and between peer support and TTD adherence. These findings indicate that knowledge and peer support are important factors associated with adolescent girls' health behavior, particularly adherence to TTD consumption as part of anemia prevention.

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