

**THE EFFECT OF ASSISTANCE USING A CONTROLLER
APPLICATION ON ADHERENCE TO FE TABLET
CONSUMPTION IN ADOLESCENT WOMEN**

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ABSTRACT

Anemia is a condition where hemoglobin levels are lower than normal. The normal hemoglobin level in the blood of an adolescent girl is 12 mg/dl. Factors that affect the anemia status of adolescents include nutritional knowledge, diet, and Fe tablet consumption compliance. The factor that most influences the high incidence of anemia in adolescent girls is non-compliance in taking blood supplement tablets. This study aims to determine the effect of assistance using the application on adherence to consumption of blood supplement tablets. This type of research is quantitative using Pre experimental design with one group pre-test post-test design. The number of subjects in this study were 58 female students using purposive sampling technique. The results showed that adolescent girls experienced an increase in compliance from 62.1% to 100% after being given a web-based application intervention regarding adherence to taking blood tablets. This proves the effect of assistance using web-based applications regarding adherence to taking blood tablets on adolescent girls, with a p-value = 0.000 <0.05.

Keywords: Anemia, adherence, web-based application.