

***The Relationship Between Knowledge, Attitudes, and Social Support Of
Adolescent Girls and Iron Tablet Consumption Compliance at
SMP Negeri 02 Jember***

Himami Fitriani

Health Promotion Study Program

Department Of Health

ABSTRACT

Anemia remains a challenge in efforts to improve adolescent girls' health due to its relatively high prevalence. One intervention implemented to reduce the risk of anemia is the administration of iron supplements. Adherence to this regimen is believed to be influenced by various factors, including knowledge, attitudes toward iron supplements, and social support from the surrounding community. Therefore, this study was conducted to examine the relationship between knowledge, attitudes, and social support and adherence to iron-rich tablet consumption among adolescent girls at SMP Negeri 2 Jember.

This study employed a quantitative approach with a descriptive-correlational design using a cross-sectional study design. All 174 eighth-grade female students constituted the study population. The study sample consisted of 96 respondents selected through simple random sampling. Data were collected using a questionnaire and analyzed through bivariate and multivariate analyses using ordinal logistic regression.

The results showed that in the bivariate analysis, there was a relationship between knowledge, attitude, and social support and adherence to TTD consumption ($p < 0.05$). However, in the multivariate analysis, only social support was significantly associated ($p < 0.05$) and emerged as the dominant factor. This indicates that social support is the most dominant factor and plays a stronger role than individual factors in increasing Adherence to iron supplement intake among adolescent girls.

Keywords: *knowledge, attitude, social support, adherence, iron supplement, adolescent girls*