Knowledge and Attitudes Description of Adolescent Females About Blood Supplement Tablet Consumption in State Senior High School 1 Cilacap

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ABSTRACT

Background: *Indonesian adolescents currently have three nutritional problems, one of which is anemia. Providing Iron Supplement Tablets (IBT) to adolescent girls is one way to reduce the impact of anemia in adolescent girls. Knowledge and attitudes about IBT will facilitate the formation of a person's behavior in consuming IBT.* ***Objective:*** *To determine the description of the knowledge and attitudes of adolescent girls about IBT consumption.* ***Method:*** *The type of research conducted is quantitative descriptive. The population is all 238 female adolescents in Grade X at SMA N 1 Cilacap in 2026. A sample of 78 people was taken using cluster random sampling technique. The instrument used a demographic questionnaire and questionnaire. Data analysis used univariate analysis.* ***Results:*** *Most adolescent girls were 15 years old (71.8%) and rarely consumed Iron Supplement Tablets (75.6%). Knowledge about IBT was mostly in the good category (51.2%) and attitudes were mostly in the negative category (52.5%).* ***Conclusion:*** *Knowledge about IBT was mostly in the good category and attitudes were mostly in the negative category.*

Keywords: *Knowledge, Attitudes, Teenagers Women, Blood Supplement Tablet*