

**THE RELATIONSHIP BETWEEN ADOLESCENT GIRLS' ATTITUDES
AND ADHERENCE TO BLOOD SUPPLEMENT CONSUMPTION IN THE
WORK AREA OF THE SETABELAN HEALTH CENTER IN SURAKARTA**

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ABSTRACT

Background: Adolescent girls are at high risk of anemia. In Setabelan Health Center Surakarta, the prevalence of anemia in adolescent girls reached 1.02%, with 173 cases. One of the prevention of anemia is to take blood supplement. A positive attitude towards health can improve adherence to taking medication. **Objective:** To analyze the relationship between the attitude of adolescent girls with adherence to the consumption of blood supplement in the Working Area of Setabelan Health Center. **Methods:** Quantitative research using a cross-sectional design. **Results:** A total of 94 respondents (97.9%) had a positive attitude, and 66 respondents (68.8%) complied with taking the supplements. Rank Spearman analysis showed an α value of 0.034 < 0.05. **Conclusion:** There is a relationship between the attitude of adolescent girls and the compliance of taking blood supplement. Adolescents with positive attitudes tend to be more compliant compared to those with negative attitudes.

Keywords: Adolescent girls, Attitude, Adherence, Blood supplement.