

**HUBUNGAN KEPATUHAN MENGGUNAKAN TABLET FE
DENGAN KUALITAS HIDUP SISWI
SMP NEGERI 1 BOYOLALI**

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ABSTRACT

Background: Iron deficiency anemia is a common health issue among teenage girls, mostly caused by lifestyle and unbalanced diet. In Indonesia, 18.0% of females and 30.45% of teenage girls in Central Java are affected. The government provides iron (Fe) tablets to prevent anemia. However, noncompliance in taking Fe tablets can lower physical, mental, social, and environmental quality of life.

Objective: To determine the relationship between Fe tablet compliance and the quality of life among female students at SMP Negeri 1 Boyolali. **Method:** This quantitative study used a correlational design. The population was all 521 female students SMP Negeri 1 Boyolali, selected using accidental sampling. Data were collected using questionnaires and analyzed with the Spearman Rank test. **Result:** Most students had a moderate quality of life (57.1%) and low compliance in taking Fe tablets (78.6%). Statistical analysis showed a significant correlation between quality of life and Fe tablet compliance ($p = 0.000 < 0.05$). **Conclusion:** There is a significant relationship between the quality of life and compliance in taking Fe tablets among female students at SMP Negeri 1 Boyolali.

Keywords: Anemia, compliance, iron tablets, quality of life, teenage girls.