

**REPRESENTATION IN UNDERSTANDING OF ANEMIA AND IRON  
SUPPLEMENT INTAKE COMPLIANCE SUSTAINABILITY AT  
CT ARSA FOUNDATION FIRST GRADE HIGHSCHOOL  
FEMALE ADOLESCENT**

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**ABSTRACT**

**Background:** Anemia is a health problem commonly experienced by adolescent girls due to the increased need for iron during growth and menstruation. One of the preventive efforts against anemia is the regular consumption of iron tablets. Adolescents' knowledge about anemia and their compliance in consuming iron tablets are important factors in the success of anemia prevention programs. **Objective:** This study aimed to describe the level of knowledge about anemia and compliance with iron tablet consumption among 10th grade female students at SMA Unggulan CT Arsa Foundation Sukoharjo. **Methods:** This research was a quantitative descriptive study with a cross-sectional approach. The population consisted of all 10th grade female students at SMA Unggulan CT Arsa Foundation, with a total sample of 130 respondents obtained through total sampling. Data were collected on August 5, 2025. The research instrument was a questionnaire that had been tested for validity and reliability. Data were analyzed univariately using frequency distribution and percentages. **Results:** The findings showed that 65 students (50.0%) had good knowledge about anemia, 52 students (40%) had moderate knowledge, and 13 students (10%) had poor knowledge. Meanwhile, compliance with iron tablet consumption indicated that the majority of respondents were compliant, namely 106 students, while 24 students were non-compliant. **Conclusion:** The majority of adolescent girls had good knowledge about anemia, and most of them were categorized as compliant in consuming iron tablets. It is expected that schools and health workers will continue to enhance education regarding anemia and the importance of regular iron tablet consumption to prevent anemia among adolescent girls.

**Keywords:** Anemia, Knowledge, Compliance, Iron Tablets, Adolescent Girls