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## ASSISTANCE IN DISTRIBUTING IRON TABLETS TO EIGHTH-GRADE FEMALE STUDENTS TO REDUCE THE RISK OF ANEMIA IN SUKARATU DISTRICT, TASIKMALAYA

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### ABSTRACT

Anemia in adolescent girls is a public health issue that affects quality of life, academic achievement, and increases the risk of problematic pregnancies and stunting in the future. Adolescent girls in madrasahs in rural areas are more vulnerable due to limited nutritional knowledge, low compliance with Iron and Vitamin A Supplement (IVAS) consumption, and strong myths surrounding IVAS. This community service activity aims to improve adolescent girls' knowledge, attitudes, and skills in consuming TTD through distribution assistance and comprehensive education. The target of the activity is 56 eighth-grade MTs students in Sukaratu District, Tasikmalaya Regency, most of whom are also santri (Islamic boarding school students). The method used a participatory educational approach through brainstorming, material delivery, discussion, practice of taking TTD and independent recording, as well as simple pre- and post-tests over two days. The first day focused on exploring initial knowledge, clarifying facts and myths, the benefits of TTD, sources of iron, and the correct methods of consumption and recording. The second day evaluated participants' ability to explain anemia and TTD in their own words, practice consumption and recording, and identify ways to overcome uncomfortable side effects. The results of the activity showed an increase in enthusiasm and understanding; the majority of students were able to articulate the concepts of anemia, the benefits of TTD, and self-recording. Cross-sector collaboration.

**Keywords:** Adolescent Anemia, Adolescent Girls, Iron Supplements, Islamic boarding Schools

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## **1. INTRODUCTION**

Anemia in adolescent girls is a serious public health issue in Indonesia because it directly affects their concentration at school, productivity, and future reproductive health (Sinaga, 2021). Data from the 2018 Basic Health Research (Riskesdas) shows that around 32% of adolescents suffer from anemia, meaning that around 3–4 out of 10 adolescents in Indonesia have a red blood cell deficiency, and this prevalence is higher in adolescent girls than in adolescent boys (Nisa et al., 2020). At the national level, anemia in women of childbearing age (15–49 years) is reported to be around 30.6%, indicating that adolescent girls, as part of the women of childbearing age group, are particularly vulnerable to iron deficiency anemia (Kemenkes RI, 2022; RI & Presiden, 2022).

This condition is also alarming in West Java, where several reports indicate that the prevalence of anemia among adolescent girls reaches around 40–41.5%, which has been epidemiologically categorized as a serious public health problem (Perceka, n.d.). Adolescent girls in rural and semi-urban areas, including districts in West Java, are at greater risk due to less diverse consumption patterns, low breakfast frequency, and the habit of skipping animal-based foods rich in iron (Yanti & Nurlisis, 2020). On the other hand, the high incidence of anemia in adolescent girls is related to low nutritional literacy, misperceptions about diet patterns, and suboptimal compliance in consuming Iron Supplement Tablets (TTD), which are actually provided through health programs in schools and community health centers (Ariana & Fajar, 2024; Ilyas et al., 2025; Maghfiroh, 2024; Oktavia et al., 2024).

Anemia in adolescent girls has long-term implications for the health of mothers and children because adolescent girls are potential future mothers, so untreated anemia will increase the risk of anemia during pregnancy, problematic childbirth, low birth weight babies, and contribute to stunting (Zulfiqar et al., 2021). The government has integrated adolescent anemia prevention into its stunting reduction acceleration strategy, including through weekly iron tablet distribution programs in schools and the Nutritious Action campaign (Khezri et al., 2023). However, various reports indicate that program success is highly dependent on effective mentoring, education, and distribution systems at the school level (Tampubolon et al., 2021). Therefore, community service activities in the form of assistance in the distribution of Iron Tablets to MTs students, particularly in the Sukaratu District of Tasikmalaya Regency, are a relevant and strategic intervention to increase literacy, improve compliance with Iron Tablet consumption, and contribute to efforts to reduce anemia and prevent stunting among adolescents at the local level (Aini et al., 2024; Ernawati, 2025; Ilyas et al., 2025; Marcelina et al., 2025).

This community service activity aims to increase the knowledge and awareness of eighth-grade MTs students about the importance of preventing anemia through the consumption of Iron-Folic Acid Tablets, improving dietary patterns, and adopting healthy lifestyles oriented toward adolescent reproductive health. Additionally, this activity also aims to strengthen the TTD distribution system in schools through assistance to teachers and health workers, so that the TTD supply and consumption chain becomes more organized and sustainable. As a result, this activity is expected to increase compliance with IFT consumption among adolescent girls, reduce the risk of anemia from school age, and indirectly contribute to efforts to prevent stunting in the Sukaratu District of Tasikmalaya Regency as part of achieving national health development targets.

## **2. METHODS**

The method used to carry out this community service activity was a participatory educational approach that included brainstorming, information presentation, interactive discussions, practical activities, and evaluation of knowledge and behavior regarding the consumption of Iron Supplement Tablets (TTD) (Wulandari Tasripin et al., n.d.). The activity targeted 56 female eighth-grade students at the MTs in Sukaratu District, most of whom are also students at a local Islamic boarding school. The activity was held at the MTs, with UKS teachers present as supervisors. The activity was carried out at one of the MTs in Sukaratu District for two days (November 14-15, 2025) by four presenters from the Tasikmalaya Ministry of Health Polytechnic (lecturers from the nursing, midwifery, and nutrition departments). On the first day, an unstructured pretest was conducted to explore the students' initial knowledge and perceptions of anemia and TTD, followed by a brainstorming session about their experiences related to TTD consumption, a presentation on anemia, the benefits of TTD, the correct way to consume it, as well as a discussion to clarify misconceptions and answer questions from the teenagers. Additionally, there was a

hands-on practice session on how to drink TTD and a simulation of self-recording TTD consumption using a simple format to help the students get used to regularly monitoring their TTD intake. On the second day, an unstructured post-test was conducted to assess the increase in understanding, followed by an evaluation of the self-recording that the students had done after taking TTD, so that initial changes in the aspects of knowledge, attitude, and independence of adolescent girls in consuming TTD as an effort to prevent anemia could be seen (Lungguh Perceka et al., n.d.).

### 3. RESULT AND DISCUSSION

#### a. Result

The activities on the first day showed that the eighth-grade students at the MTs in Sukaratu Subdistrict responded quite actively, as evidenced by the many questions they asked about the facts and myths surrounding iron tablets, including concerns about side effects and how to deal with nausea during and after taking iron tablets (TANJUNG, n.d.). About half of the participants appeared very enthusiastic about the brainstorming session, material presentation, and discussion, as demonstrated by their involvement in asking questions, answering, and responding to the facilitator's explanations. All participants paid attention to information about adolescent anemia, the benefits of TTD, iron-rich food sources, how to take TTD correctly, and the importance of independently recording TTD consumption as part of self-monitoring (Dutta & Dutta, 2025).

On the second day, the results of the activity showed an increase in the understanding and ability of adolescent girls to articulate the material that had been provided (Anyndie, 2023). Most of the students were able to explain in their own words the meaning of anemia in adolescents, the benefits of TTD for health and anemia prevention, and the steps for taking TTD correctly. In addition, participants were able to mention ways to overcome unpleasant effects after consuming TTD, such as nausea or stomach discomfort, for example by consuming TTD after meals and drinking more water, and were able to demonstrate how to record TTD consumption correctly according to the format provided (Peace & Banayan, 2021).

This community service activity was carried out by a team of lecturers from the Tasikmalaya Ministry of Health Polytechnic, consisting of four people, namely lecturers from the nutrition, nursing, and midwifery departments who acted as facilitators, educators, and mentors during the education and practice process (Pay & Mindarsih, 2023). This interprofessional collaboration supported the comprehensive delivery of material, ranging from nutrition aspects (prevention of anemia and iron fulfillment), nursing aspects (monitoring adolescent health and handling complaints after TTD consumption), to midwifery aspects (the relationship between adolescent anemia and reproductive health and future pregnancy). The involvement of UKS teachers and the context that some of the students are santri also strengthens the acceptance of health messages because the material can be linked to their daily routines at school and pesantren, so that the impact of sustainable TTD consumption behavior is expected to be higher (Putri et al., 2021).

#### b. Discussion

The results of this community service activity are in line with the latest evidence that nutrition education, myth clarification, and assistance with Iron Supplement Tablet (IST) consumption in schools are key components for improving adolescent girls' knowledge and compliance in preventing anemia and stunting (Lungguh Perceka & Rusyani, 2025). The approach used, which combined brainstorming, information presentation, discussion, hands-on practice of taking TTD and recording it, and pre- and post-tests, although unstructured, is in line with participatory educational interventions that have been proven to increase knowledge, positive attitudes, and TTD consumption behavior among adolescent girls in various studies and national programs such as Aksi Bergizi. The enthusiasm of about half of the participants and the many questions about the facts, myths, and side effects of TTD indicate that adolescent girls have a great need for information and that the main barriers to compliance are not only the availability of TTD but also perceptions, concerns about side effects, and a lack of intensive guidance (Maghfiroh, 2024; Nurhidayati, 2024; Ponorogo, 2023).

Nationally, weekly iron supplementation for adolescent girls aged 12–18 years has been a policy since 2015 and is positioned as one of the specific nutritional interventions in accelerating the reduction of

stunting (Wahyuni et al., 2023). However, various reports show that the level of compliance with iron supplementation consumption in schools is still low due to limited knowledge, side effects, and suboptimal environmental support (Perceka et al., 2022). The findings of this activity, in which on the second day most of the students were able to explain in their own words about adolescent anemia, the benefits of TTD, the correct way to drink it, how to overcome unpleasant effects, and demonstrate the correct recording of TTD consumption, indicate an increase in health literacy and practical skills that are important for supporting long-term compliance (Nadhiroh et al., 2023). The involvement of various professions (nutrition, nursing, midwifery) and UKS teachers, as well as the context that many female students are also santri (Islamic boarding school students), reinforces the relevance of this intervention with policy recommendations emphasizing the need for cross-sector collaboration, integration with UKS and religious programs, and an approach tailored to the local culture to break the chain of anemia–risky pregnancy–stunting (Ernawati, 2025).

Based on findings and in line with current policies, it is necessary to strengthen policies at the regional and educational unit levels to make TTD consumption education and guidance a routine and structured activity, rather than just the distribution of tablets (Santhakumar et al., 2023). In terms of policy, local governments and community health centers can develop operational regulations (e.g., regent circulars or memoranda of understanding with the Ministry of Religious Affairs and schools/Islamic boarding schools) that regulate weekly TTD intake schedules, compliance recording and reporting systems, and monitoring and feedback mechanisms in schools and madrasahs. Operationally, schools and madrasahs in Sukaratu Subdistrict can adopt this activity model as a periodic program with: training of UKS teachers as TTD assistants, use of TTD self-recording books or cards, regular sessions to clarify myths and address simple side effects, and integration of anemia and TTD materials into religious/boarding school activities for students. This ensures that the knowledge and skill improvements observed in this two-day intervention can transform into sustainable TTD consumption behavior and contribute tangibly to reducing anemia and stunting in the area (Ariana & Fajar, 2024; Asikin & Nurfaidah, 2024; Ponorogo, 2023).

#### **4. CONCLUSION AND RECOMMENDATIONS**

The assistance activity for the distribution of Iron Supplement Tablets (TTD) to eighth-grade female students at MTs in Sukaratu District has been proven to improve adolescent girls' understanding, attitudes, and skills regarding anemia, the benefits of TTD, proper consumption methods, handling side effects, and self-recording. The participants' enthusiasm and their ability to explain the material and practice recording showed that this two-day participatory educational approach was effective as a model for strengthening the TTD program in schools and madrasahs.

In terms of policy, there is a need for support from regional and educational unit regulations to establish a common TTD consumption day, integrate anemia-TTD education into UKS/madrasah/pesantren programs, and encourage ongoing collaboration between health agencies, education agencies/Ministry of Religious Affairs, and health colleges. Operationally, schools and Islamic boarding schools are advised to implement a routine TTD intake schedule under the supervision of UKS teachers, use TTD control cards/books, hold brief discussion sessions on TTD myths and side effects, and involve health workers and lecturers as accompanying partners for periodic supervision and evaluation, so that the impact of anemia and stunting prevention can be better maintained.

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May this activity provide sustainable benefits and become a concrete step in strengthening the health of adolescent girls in madrasah and pesantren environments.

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