



THE CORRELATION BETWEEN HEALTH BELIEF MODEL AND CONSUMPTION OF IRON TABLETS IN ADOLESCENCE GIRL

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Abstract

Background: Iron tablets are one of the government's initiatives to prevent anemia, given the high prevalence of anemia among women aged 15 to 34 (48.9%). Adolescent girls still consume very less, however this varies by area. Data from the Malang City Health Office in 2022 shows that SMAN 8 Malang has consumption coverage in the 50-80% range. Perception has an impact on the choice to consume. The health belief model provides insight into the perception (HBM). **Purpose:** The purpose of this study is to examine the connection between teenage girls' use of iron supplements and their HBM. **Methods:** Correlational analytics was employed in the study technique using a cross-sectional methodology. A proportionate random sample approach yielded 136 pupils in the population, which consisted of 10th graders. This research employed chi-square test data analysis, compliance with TTD consumption, and HBM surveys as its tools. **Results:** While there was no significant correlation between the consumption of iron tablets in adolescent girls and perceived severity ($p=0.303$) and perceived vulnerability ($p=0.330$), there was a significant correlation between perceived benefits ($p=0.000$), barriers ($p=0.006$), cues to action ($p=0.036$), and self-efficacy ($p=0.000$). **Conclusion:** According to the study's findings, teenage girls who take iron pills have an association with their perceptions of the advantages, obstacles, signals to take action, and self-efficacy.

Keywords: Anemia, Perception, Iron Tablets, Adolescence

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INTRODUCTION

A shortfall of hemoglobin (Hb) in the blood stemming from a shortage of nutrients required for the production of hemoglobin is known as anemia. An Hb level of 12 gr/dl is typical for young women. Anemia is defined as having a hemoglobin level less than 12 grams per deciliter (Astuti and Kulsum, 2020). Adolescent girls are more likely than teenage boys to suffer from anemia; in Indonesia alone, anemia affects up to 12% of teenage boys and 23% of teenage girls; iron deficiency or iron deficiency anemia accounts for the majority of cases (Ministry of Health of the Republic of Indonesia, 2018).

Teenage anemia affects immune system function, focus, academic performance, physical fitness, and productivity. In addition, anemia specifically experienced by young women will have a more serious effect because these women are future mothers who will conceive and give birth to a child; consequently, there is a higher chance of maternal death, premature birth, and low birth weight (LBW) babies (Indonesian Ministry of Health, 2018). To avoid anemia, the government offers young women blood supplement pills (TTD). Under the Republic of Indonesia Minister of Health Regulation No. 88 of 2014 regarding TTD standards for pregnant and women of childbearing age, as well as the Indonesian Ministry of Health's Circular Letter (SE) No. HK.03.03/V/0595/2016 regarding the provision of TTD to adolescent girls and women of childbearing age... 52 TTD total—one item every week for the whole year—is awarded for this TTD. TTD is made up of 0.4 mg of folic acid and 60 mg of elemental iron (as ferro gluconate, ferro fumarate, or ferro sulfate). The frequency of anemia in teenage females has grown despite the implementation of this program.

In women between the ages of 15 and 49, anemia prevalence is 29.9%, according to WHO (2019). Anemia incidence in young women was 37.1% in Riskedas 2013 and grew to 48.9% in Riskedas 2018, with the highest prevalence of anemia in the 25–34 and 15–24 age groups (Rokom, 2018). Young women typically obtain TTD from health facilities that are connected to the school. 2018 saw 81.89% of Malang's teenage females, ages 10 to 19,

use blood supplement pills within the previous 12 months. Among young women aged 10 to 19, 97.95% drank fewer than 52 blood supplement tablets, whereas 2.05% consumed more than 52 tablets. Teens may not drink or complete the prescribed blood supplement pills for a variety of reasons, such as feeling as though they don't need them, forgetting, the flavor and smell being unpleasant, or experiencing unpleasant side effects (Riskedas, 2018). The usage of blood supplement tablets among young women may be categorized into three groups based on data from the Malang City Health Service in 2022: less than 50%, 50-80%, and more than 80%.

teenage females are 10 times more likely than teenage boys to get anemia. This is because young women require extra iron. After all, they are currently developing and lose 1.3 mg of iron (Fe) every day due to their monthly menstruation. In addition, teens' anemia can also result from an imbalance in their dietary consumption. Young women often have a great deal of body image anxiety, which causes many of them to restrict their food intake. A large amount of iron stores are released when food intake is low. Such circumstances can hasten the development of anemia (Astuti and Kulsum, 2020).

Teenagers' views of health behavior may be ascertained by the use of the health belief model method, one of which involves educating them about the intake of TTD in an attempt to avoid anemia. The health belief model (HBM) is a behavior change theory that focuses more attention on an individual's viewpoint (perception) and beliefs (beliefs) regarding a certain ailment. It may be used to predict health behavior. This model represents how personal beliefs influence attitudes and actions linked to health (Muslimin, et al. 2020). It is generally accepted that if a person believes they are susceptible to an illness, they will take steps to avoid, lessen, or control it (Narsih and Hikmawati, 2020).

Preliminary research conducted in the past has revealed that 50–80% of young women enrolled in the Dinoyo Community Health Center's programs consume blood supplement pills. SMAN 8 Malang was one of the high schools that got blood supplement pills under the Dinoyo Community Health Center's program. This background information piques the author's curiosity about

the connection between young women's use of blood supplement pills and their health belief model.

MATERIALS AND METHODS

Design

This kind of cross-sectional, quantitative study employs a correlational analytical research strategy.

Participants and Setting

There were 207 female students in class X at SMAN 8 Malang who participated in this study. 136 female students were employed in the proportionate random sampling method for this study's sample. This study was carried out at SMAN 8 Malang. The study period, which

included data collecting, processing, and analysis, ran from April to June of 2023.

Instrument

A questionnaire was the instrument or tool employed in this study. This study employed a closed questionnaire with a Likert scale to evaluate the factors of the Health Belief Model.

Both univariate and bivariate analysis were used in this investigation. To ascertain the association between each variable is, the relationship between the health belief model and teenage TTD consumption-bivariate analysis was used. This investigation employed the Chi-square test. One of two methods-comparing the Asym values-can serves as the foundation for decision-making when utilizing the Chi-square test. Sig with 0.05 as the critical limit.

Data Collection

Table 1 At SMAN 8 Malang in 2023, the frequency distribution of respondents based on the components of the health belief model.

HBM components	Category				Total	
	Positif		Negatif		(n)	(%)
	(f)	(%)	(f)	(%)		
Perception of Vulnerability	51	37,5	85	62,5	136	100
Perception of Severity	68	50,0	68	50,0	136	100
Perception of Benefits	72	52,9	64	47,1	136	100
Perception of Barriers	58	42,6	78	57,4	136	100
Action Cue	47	34,6	89	65,4	136	100
Personal Ability	67	49,3	69	50,7	136	100

Source: Researcher's Primary Data, 2023

Table 1 shows that the perceived vulnerability component (perceived susceptibility) is anemia, the majority of respondents have a negative perception of vulnerability, 85 (62.5%) respondents. In the perceived severity component, respondents experiencing anemia were comparable between those who had positive and negative perceptions of severity, namely 68 (50%) respondents. Regarding the perceived benefits of consuming blood supplement tablets, the majority of respondents had a positive perception of benefits, 72 (52.9%)

respondents. In the perceived barrier component in consuming blood supplement tablets, the majority of respondents had a negative perception of barriers, 78 (57.4%) respondents. In the cue-to-action component in consuming blood supplement tablets, the majority of respondents had negative cues to act, 89 (65.4%) of respondents. In the self-efficacy component in consuming blood supplement tablets, the majority of respondents had positive self-efficacy, 69 (50.7%) respondent.

Table 2 Based on compliance with using blood supplement tablets at SMAN 8 Malang in 2023, the frequency distribution of respondents.

Consuming Supplement	Frequency (<i>f</i>)	Percentage (%)
Obedient	70	51.5
Disobedient	66	48.5
Total	136	100

Source: Researcher's Primary Data, 2023

Table 2 shows that 70 (51.5%) respondents complied with consuming blood supplement tablets and 66 (48.5%) respondents did not comply with consuming blood supplement tablet.

Table 3 Cross Tabulation of Perceived Susceptibility with Consumption of Blood Supplement Tablets among Class X Female Students of SMAN 8 Malang in 2023.

Perception of Vulnerability	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(<i>f</i>)	(%)	(<i>f</i>)	(%)		
Positive	29	56,8	22	43,2	51	100
Negative	41	48,2	44	51,8	85	100

Source: Researcher's Primary Data, 2023

Table 3 showing that the majority of respondents with positive perceived susceptibility were compliant in consuming blood supplement tablets, 29 (56.8%) of respondents. Meanwhile, the majority of respondents who had a negative perception of vulnerability did not comply with consuming blood supplement tablets, 44 (51.8%) of the respondents.

Table 4 Cross Tabulation of Perceived Severity with Consumption of Blood Supplement Tablets among Class X Female Students of SMAN 8 Malang in 2023.

Perception of Severity	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(<i>f</i>)	(%)	(<i>f</i>)	(%)		
Positive	38	55,9	30	44,1	68	100
Negative	32	47,0	36	53,0	68	100

Source: Researcher's Primary Data, 2023

Table 4 shows that the majority of respondents who have a positive perception of severity (Perceived Severity) are compliant in consuming blood supplement tablets, shown by 38 (55.9%) respondents. Meanwhile, the majority of respondents who had a negative perception of severity were non-compliant in consuming blood supplement tablets, indicated by 36 (53.0%) respondents.

Table 5 Cross Tabulation of Perceived Benefits with Consumption of Blood Enhancing Tablets among Class X Female Students of SMAN 8 Malang in 2023

Perception of Benefits	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(<i>f</i>)	(%)	(<i>f</i>)	(%)		
Positive	49	68,0	23	32,0	72	100
Negative	21	32,8	43	67,2	64	100

Source: Researcher's Primary Data, 2023

According to 49 (68.0%) respondents, Table 5 demonstrates that the majority of respondents who have a favorable perceived benefit comply with taking blood supplement

pills. According to 43 (67.2) respondents, the majority of those who had poor thoughts about the advantages did not take their blood supplement pills as prescribed.

Table 6 Cross Tabulation of Perceived Barriers with Consumption of Blood Supplement Tablets among Class X Female Students of SMAN 8 Malang in 2023

Perception of Barriers	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(f)	(%)	(f)	(%)		
Positive	22	37,9	36	62,1	58	100
Negative	48	61,5	30	38,5	78	100

Source: Researcher's Primary Data, 2023

Table 6 demonstrates that, as reported by 36 (62.1%) respondents, the majority of respondents with favorable perceived barriers did not take their blood supplement pills as

directed. According to 48 (61.5%) respondents, the majority of respondents who saw unfavorable hurdles were compliant with taking blood supplement pills.

Table 7 Cross Tabulation of Cues to Action by Consuming Blood Supplement Tablets among Class X Female Students of SMAN 8 Malang in 2023

Cues to Action	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(f)	(%)	(f)	(%)		
Positive	30	63,8	17	36,2	47	100
Negative	40	44,9	49	55,1	89	100

Source: Researcher's Primary Data, 2023

Table 7 shows that the majority of respondents with positive Cues to Action were compliant in consuming blood supplement tablets, as shown by 30 (63.8%) respondents. Meanwhile,

the majority of respondents with signs of negative action were disobedient in consuming blood supplement tablets, indicated by 49 (55.1%) respondents.

Table 8 Cross-tabulation of Blood Supplement Tablet Consumption and Self-Efficacy in Class X Female Students at SMAN 8 Malang in 2023

Self-Efficacy	TTD Consumption Compliance				Total	
	Compliant		Disobedient		(n)	(%)
	(f)	(%)	(f)	(%)		
Positive	47	70,1	20	29,9	67	100
Negative	23	33,3	46	66,7	69	100

Source: Researcher's Primary Data, 2023

As revealed by 47 (70.1%) respondents, Table 8 demonstrates that the majority of respondents with good self-efficacy were compliant in taking blood supplement pills.

According to 46 respondents (66.7%), the majority of respondents who had low self-efficacy disobeyed by taking blood supplement pills..

Table 9 Chi-Square Statistical Test Analysis Results

HBM Component	Statistical Test (p)	Analysis Results
<i>Perceived Susceptibility</i>	0,330	Sensitivity Perception 0.330 A probability value of $p = 0.330$ was produced based on the analysis using the chi square test, and since $p > 0.05$, H_0 was accepted. This indicates that there is no significant association between young women's perception of their vulnerability and their usage of blood supplement pills.
<i>Perceived Severity</i>	0,303	Sensational Severity of 0.303 Based on the analysis utilizing the chi square test, a probability value of $p = 0.303$ was produced; since $p > 0.05$, H_0 was accepted, indicating that there is no significant correlation between young women's usage of blood supplement pills and perceived severity.
<i>Perceived Benefit</i>	0,000	Benefit Perceived: 0.000 The study conducted using the chi square test yielded a probability value of $p = 0.000$. Since $p < 0.05$, H_1 was accepted, indicating a substantial correlation between young women's perceived advantages and their usage of blood supplement pills.
<i>Perceived Barrier</i>	0,006	Judged Barrier 0.006 A significant association between perceived obstacles and the intake of blood supplement pills in young women has been found, as indicated by the study using the chi square test, which yielded a probability value of $p = 0.006$ because $p < 0.05$ and the acceptance of H_1 .
<i>Cues to Action</i>	0,036	Signals for Action 0.036 Given that $p < 0.05$ and the analysis's chi square test findings showed a significant value of $p = 0.036$, H_1 was accepted and there is a significant correlation between young women's use of blood supplement pills and cues to action.
<i>Self-Efficacy</i>	0,000	Self-Efficiency: 0.000 Based on the chi square test analysis findings, a significant value of $p = 0.000$ was obtained, and since $p < 0.05$, H_1 was accepted. This indicates that there is a substantial association between young women's usage of blood supplement pills and their perceived self-efficacy.

Ethical Consideration

Researchers have received information on the ethical feasibility of ethical clearance from the Malang Ministry of Health Health Polytechnic Ethics Commission with number 748/VII/KEPK POLKESMA/2023.

DISCUSSION

1. Relationship between Young Women's Perceptions of Susceptibility and Blood Supplement Tablet Consumption.

The chi-square test analysis findings indicated that there was no

significant correlation between the usage of blood supplement pills at SMAN 8 Malang and the perceived level of vulnerability. The majority of respondents had a negative perception of vulnerability as many as 85 respondents and as many as 41 respondents (48.2%) of them were compliant with consuming blood supplement tablets and 44 respondents (51.8%) were not compliant with consuming them. A negative perception of vulnerability means that the respondent feels that he or she is not at risk of developing anemia. It is evident from the

preceding description that most responders comply with taking blood supplement pills, despite having unfavorable sensitivities. This goes against principle because, in most cases, people who believe they are in danger of getting a disease would move promptly to prevent it and engage in behaviors they believe to be safe (Narsih and Hikmawati, 2020).

This research shows that some respondents did not know that one of the symptoms of anemia was dizziness. Even though the respondent felt that he was susceptible to anemia, he decided not to take blood supplement tablets. This can be influenced by peers who do not consume it. Research by Chusna, et al (2021) states that the influence of peers who do not consume Fe tablets also influences the intention of young women to consume Fe tablets (58%). They are reluctant to take Fe tablets because many friends also don't take Fe tablets.

This study supports earlier research by Aprianti (2018), which found no connection between the intensity of TTD use and perceived threat, which was defined as the sum of perceived severity and perceived vulnerability. According to Aprianti (2018), for behavior to change, there has to be a significant enough perceived vulnerability.

2. The association between young women's perception of harshness and their use of blood supplement tablets.

The chi-square test analysis findings indicated that there was no statistically significant correlation between the ingestion of blood supplement pills and the perceived severity. A positive perception of severity means that the respondent considers anemia to be a serious disease. A total of 68 respondents had a positive perception of severity and 30 respondents (44.1%) were non-compliant in consuming blood supplement tablets. A negative perception of severity means that respondents do not think anemia is a serious disease. Meanwhile, 68 respondents with a negative perception of severity, and 32 respondents (47.0%) of complied with consuming blood supplement tablets. This

description shows that although respondents with a positive perception of severity, almost half were non-compliant in consuming blood-enhancing tablets, and almost half of respondents with a negative perception of severity were compliant in consuming blood-increasing tablets. This is not to the previous theory that if someone has the perception that a disease has a highly serious impact, the higher the possibility of taking preventive action against that disease (Kelana, 2022).

Research by Prasetyawati, et al. (2021) found no connection between perceived severity and Covid-19 preventive behavior, which is consistent with the findings of our study. This study elucidates the many aspects that influence an individual's perception of the significance of conduct in mitigating the spread of COVID-19. According to Lismiana and Indarjo's (2021) research, there exists an adverse association between young women's compliance with TTD use and their impression of the seriousness of abstaining from TTD consumption. This research is in line with their findings. This difference can be caused by the different demographic characteristics of respondents and the sample size used. Apart from that, it can also be caused by a lack of knowledge among young women about the impacts caused by anemia. So, young women feel that anemia will not threaten them.

3. Young women's perceptions of the benefits and their use of blood-enhancing tablets.

The findings of the chi square test data analysis indicated a strong correlation between young women's compliance with taking blood supplement pills to avoid anemia and their perception of the benefits of doing so. The study's findings demonstrate that most participants who see advantages are adherent with taking blood supplement pills. Positive perception of benefits means that respondents feel there are benefits from consuming blood supplement tablets. This is following the theory that a person will consider whether a behavior is indeed useful in reducing the threat of a disease. Furthermore, when

individuals feel they are at risk and individuals feel there are benefits from preventive behavior, then these individuals will participate in efforts to improve their health (Narsih and Hikmawati, 2020).

This research shows that the perceived benefits of consuming blood supplement tablets are greater than the perceived obstacles, as shown by the majority of respondents agreeing that consuming blood supplement tablets is beneficial for their health and can replace the red blood cells that are excreted during menstruation.

This research is consistent with that of Narsih and Hikmawati (2020), who found that young women are more inclined to behave well in order to prevent anemia if they perceive a higher level of advantage. According to this research, young women will be concerned about whether or not their conduct lowers their risk of contracting an illness. This study is consistent with that of Lismiana and Indarjo (2021), who found that young women's compliance in taking blood supplement tablets is correlated with their perception of the tablets' advantages.

4. The association between young women's perceptions of barriers and their use of blood supplement tablets.

Young women's compliance with taking blood supplement pills to avoid anemia was shown to be significantly correlated with their perception of obstacles, according to the findings of data analysis using the chi-square test. When respondents see barriers negatively, it indicates that they do not perceive any obstacles to using blood supplement pills. The majority of responders who felt negatively about hurdles continued to take blood supplements. In the meantime, the vast majority of responders who felt that barriers were positive did not take their prescribed amount of blood supplements. Respondents who have a good perspective of hurdles believe that using blood supplement pills presents some challenges. This is based on the idea that perceived barriers are people's perceptions of what stands in the way of

adopting advised health behaviors (LaMorte, 2022).

The challenges faced by young women may have an impact on their attempts to avoid anemia. According to this study, the flavor and ugly packaging of blood supplement pills are the main barriers that respondents face when trying to use them.

According to research by Chusna et al. (2021), there is a substantial correlation between young women's perceived hurdles and the amount of Fe pills they consume. According to the study's explanation, participants who felt enough hurdles were more likely to believe that they were facing more challenges when it came to taking blood supplement pills, which resulted in a lower intensity of intake. This demonstrates how young women's compliance with taking blood supplement pills is impacted by the barriers they face.

5. The association between young women's use of blood supplement pills and signals to act.

The chi square test findings of the data analysis revealed a substantial correlation between young women's compliance with taking blood supplement pills to avoid anemia and signals to act. With a signal to behave positively, most responders took the prescribed blood supplement pills. This supports the idea that in order for people to embrace advised health activities, their decision-making process has to be stimulated. (LaMorte, 2022).

According to this study, every responder is in agreement that knowing about anemia and how to avoid it will inspire them to keep up their health. The majority of respondents believed that teachers and those closest to them would support them in sticking to their blood supplement tablet consumption regimen, and that their own active role in seeking information about blood supplement tablets could help increase consumption of blood supplement tablets. This demonstrates that a combination of external and internal variables might encourage young women to take more blood supplement pills.

Fitriani, et al.'s earlier research from 2022 focused on preventive measures to avoid catching Covid-19. According to this research, preventative behavior against catching Covid-19 might rise if there is a favorable signal to act. This contrasts with studies by Fransiska et al. (2022) which found that pregnant women's behavior in avoiding Covid-19 is influenced by the signal to act, but that this impact is not statistically significant. The sample size that was employed and the various features of the respondents may be to blame for this discrepancy.

6. Relationship between young women's use of blood supplement pills and their personal abilities.

The chi-square test findings of data analysis revealed a strong correlation between young women's self-efficacy and their compliance with taking blood supplement pills to prevent anemia. 47 respondents (70.1%) were compliant in taking blood supplement pills, and 67 respondents had high self-efficacy. The premise of this study is that self-efficacy is a measure of one's ability to take action. Even if they believe an activity is beneficial to them, a person won't attempt it if they believe they are incapable of doing it. According to Bandura, self-efficacy will serve as a basis for taking action (Annisa and Nurmala, 2018).

When a person has a good self-perception, he believes he can prevent anemia by taking blood supplements. An individual will engage in a behavior or activity if he feels capable of doing so and thinks the action would benefit him.

This study supports that of Annisa and Nurmala (2018), who found a substantial correlation between young women's intention to use blood supplement pills and their sense of self-efficacy. Therefore, the respondent's desire to take blood supplement tablets may be inferred from their level of confidence in their capacity to do so. This study also supports that conducted by Chusna et al. (2021), who found a connection between young women's self-efficacy and the amount of blood supplement tablets they take. According to this research, the adverse effects of

taking blood supplement pills, such as nausea, vomiting, and dizziness, might contribute to young women's low self-efficacy. Consequently, these side effects have an impact on the compliance of young women with taking blood tablets. This demonstrates that young women who have a high sense of their own efficacy are more likely to take blood supplement pills as directed..

CONCLUSION

In light of the findings of a chi-square test study examining the connection between young women's use of blood supplement pills and their health belief model, it can be said that:

1. There is no significant relationship between perceived susceptibility and consumption of blood supplement tablets, as indicated by a significance value of $p = 0.330$, according to the findings of research analysis using the chi-square test regarding the relationship between the health belief model and the consumption of blood supplement tablets in young women.
2. A significance value of $p = 0.303$ indicates that there is no significant correlation between the ingestion of blood supplement pills and perceived severity.
3. A significance score of $p = 0.000$ indicates that there is a substantial correlation between the use of blood supplement pills and reported benefits.
4. A significance value of $p = 0.006$ indicates a significant correlation between the ingestion of blood supplement tablets and perceived obstacles.
5. A significance score of $p = 0.036$ indicates a substantial correlation between signals to action and blood supplement pill ingestio.
6. A significance value of $\rho = 0.330$ indicates a substantial correlation between self-efficacy and blood supplement pill use.

Ideas for Additional Research, Researchers in the future can study how health belief models are used to educate young women about the use of blood supplement pills.

Declaration Of Interest

There is not conflict of interest.

Data Availability

The datasets generated during and/or analyzed during the current study are not publicly available due to the data but are available from the corresponding author on reasonable request.

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