

Empowerment of Adolescent Girls in The Blood Supplement Tablet Program During Menstruation

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ABSTRACT

Introduction: The problem faced by young women, especially in developing countries, is the need for more knowledge about menstruation or menarche. **Objective:** to do community service with the theme of Empowering adolescent girls in the Blood Supplement Tablet program during menstruation in Cianjur Regency. **Method:** This community service activity uses an interactive lecture and discussion method conducted at one of the Cianjur Regency High Schools, with the participants being 40 female students. **Results:** This community service increases students' knowledge in defining anemia in adolescent girls, explaining the signs and symptoms of anemia in adolescent girls, explaining risk factors for anemia in adolescent girls, and explaining how to prevent anemia in adolescent girls. **Conclusion:** There is an increase in teenage girls' knowledge of the consumption of blood-boosting tablets.

Keywords: Menstruation; Adolescent; Blood Booster Tablets

ABSTRAK

Pendahuluan: Problem yang dihadapi remaja putri terutama di negara berkembang yaitu masih minimnya taraf pengetahuan perihal menstruasi atau menarche. **Tujuan:** melakukan pengabdian kepada masyarakat dengan tema Pemberdayaan remaja putri dalam program TTD (Tablet Tambah Darah) selama masa menstruasi di Kabupaten Cianjur. **Metode:** Kegiatan pengabdian masyarakat ini menggunakan metode ceramah dan diskusi interaktif yang dilakukan di salah satu SMA Kabupaten Cianjur dengan jumlah peserta adalah 40 siswa perempuan. **Hasil:** pengabdian kepada masyarakat ini yaitu adanya peningkatan pengetahuan siswa dalam mendefinisikan anemia pada remaja putri, menjelaskan tanda dan gejala anemia pada remaja putri, menjelaskan faktor resiko anemia pada remaja putri, serta menjelaskan bagaimana pencegahan anemia pada remaja putri. **Penutup:** Terdapat peningkatan pengetahuan remaja putri terhadap konsumsi tablet tambah darah.

Kata Kunci: Menstruasi; Remaja; Tablet Tambah Darah

BACKGROUND

Menstruation is when blood starts to come out of the uterus.^[1] This occurs because the inner lining of the uterine wall, which consists of many blood vessels and

unfertilized eggs, is degenerated. The egg in the female organ does not find sperm, so the lining of the uterus, the endometrium, begins to break down.^[2] Thus, blood begins to flow through the female reproductive system. The

menstrual cycle usually lasts 21 to 35 days with a blood volume of 10 to 80 ml daily.^[3]

The problem young women face in developing countries is a need for more knowledge about menarche.^[4] Knowledge is when a person uses his five senses to understand an Object.^[5] Sight, hearing, smell, and touch help us understand things. Its use depends on how intensely we focus and feel.^[6] Almost all of the information we get comes from the senses of hearing and sight.^[7]

According to data from the World Health Organization (WHO), in 2019, there were around 1.2 billion adolescents worldwide. According to the Central Statistics Agency (2019), the number of adolescents in Indonesia reached 66.94 million, while the number of adolescents in Indonesia was 32,737,062. According to the Central Statistics Agency, the number of adolescents in Cianjur, West Java, is 19.98 million. Of these, 97,049 adolescent girls were recorded, while teenage boys were 102,839 people. According to the Ministry of Health of the Republic of Indonesia (2018), as many as 60% of women in Indonesia experience menstruation at the age of 12, 2.6% at the age of 10, 30.3% at the age of 11, And 30% at the age of 13. Above the age of 13, most women start menstruating.

According to previous research, 49 female students (45.80%) showed the highest correlation between knowledge about menstrual health and their behavior. These students have good knowledge and good health behavior. The categories of good in knowledge but lacking in behavior and those sufficient in knowledge but bad in behavior are only found in 1 student (0.93%). It has the

lowest level of learning and behavior, with the largest age being between 12 and 13.

According to a study conducted by researchers, from the results of interviews with five 7th grade students, it was found that 5 adolescent girls washed their hands before and after changing sanitary napkins. Among them, 3 teenage girls changed pads 3-4 times a day, 2 adolescent girls did not wear sweat-wicking underwear, 4 adolescent women knew the adverse effects of lack of hygiene, 3 adolescent women wrapped pads before throwing them in the trash, and 5 teenage women immediately changed their underwear that was exposed to blood during menstruation. This is because students need to learn this information from an early age. In terms of emotions, adolescents tend to be unstable, have frequent problems, look for idols or role models, are unrealistic, and are in critical times.

This community service aims to empower young women through the Blood Supplement Tablet program during menstruation in Cianjur Regency.

METHOD

1. The implementation method is a model of interactive lectures and discussions in the main hall of SMA X Cianjur Regency. The community service participants were selected as grade 11 (Grade 2) students of SMA X in Cianjur Regency. The number of participants is 40 female students.
2. Implementation steps: (1) Pre-Interaction Stage. (2) Interaction. (3) Evaluation

RESULTS AND DISCUSSION

1. Pre-Interaction Stage

At this stage, this pre-interaction was held in September 2023 at the SMA X Cianjur Regency, which the principal of the SMA X Cianjur Regency carried out. The pre-activity stage involves conducting interviews, conducting direct discussions, and administering correspondence. The topic of the interview and discussion activities was related to the phenomenon of anemia in female students. From the results of the discussion with the principal, it is known that the topic of anemia in female students has never been given as an effort to maintain the health of adolescent girls. Based on this, it was agreed that it was necessary to carry out a program to empower young women in the Blood Supplement Tablet program during menstruation in Cianjur Regency.

2. Interaction Stage

The implementation of community service activities was held on Thursday, September 7, 2023, from 08.00-11.00 in the hall of SMA X Cianjur Regency. The number of community service participants is 40 people. The STIKes Permata Nusantara community service team delivered the educational activities of 2 lecturers and 2 students. During community service, the speaker explained the activity with the theme of Empowerment of adolescent girls in the Blood Supplementation Tablet) program during menstruation in Cianjur Regency. The details of the

material provided are as follows: definition of anemia in adolescent girls, signs and symptoms of anemia in teenage girls, risk factors for anemia in adolescent girls, and treatment of anemia in teenage girls. The media used is a PowerPoint presentation. The media used are leaflets and standing banners.

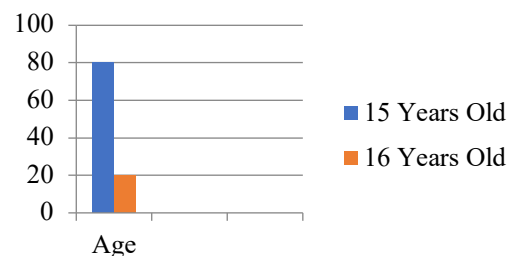


Figure 1. Discussion session with students of SMA X Cianjur Regency.

3. Evaluation

Of the 40 community service participants at SMA X Cianjur Regency, the distribution of community service participants was obtained by data that the most age group was 15 years old 80% (32 people) and who had had had menstruation as many as 40 students (100%) (Table 1). This data aligns with the results of research conducted by Gultie et al.,^[8] which stated that the average menarche age for adolescent girls is 14.73 ± 1.451 years.

Table 1. Distribution of Participant



The enthusiasm of the community service participants at SMA X Cianjur Regency is quite high. The community service

participants' activeness shows this during counseling and discussions (Figure 1).

Participating students were given an exposure to the definition of anemia. Anemia is a condition in which the number of red blood cells or the concentration of oxygen carriers in the blood (hemoglobin) is insufficient to meet physiological needs. Adolescent girls suffer from anemia when blood hemoglobin levels are less than 12 gr/dl.

In addition, the participant's ability to mention at least 3 risk factors for anemia, including the most frequent are malnutrition, menstruation, and severe illness/chronic pain. Anemia treatment includes increasing iron intake from food sources, fortifying foodstuffs with iron, and supplementing iron.

CONCLUSION

In this community service activity, student knowledge has increased through the empowerment of adolescent girls in the Blood Supplement Tablet program during menstruation in Cianjur Regency.

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CONFLICT OF INTEREST

There is no conflict of interest in this community service.

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