



Social Support and Iron Tablet Supplementation in Adolescents: A Literature Review

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Abstrak

Rendahnya kepatuhan mengonsumsi suplemen zat besi pada remaja putri meningkatkan risiko anemia. Prevalensi anemia pada remaja di Indonesia meningkat dari 6,90% menjadi 32,0%. Tujuan penelitian ini adalah untuk mengetahui hubungan dukungan sosial dengan konsumsi suplemen zat besi pada remaja putri di Indonesia. Metode yang digunakan dalam artikel ini adalah tinjauan pustaka, berdasarkan artikel yang diperoleh dari database online Google Scholar. Artikel penelitian yang dipilih memenuhi kriteria inklusi dan eksklusi yang ditetapkan oleh penulis. Kriteria inklusi untuk tinjauan literatur adalah: pendekatan penelitian kuantitatif, ketersediaan teks lengkap, lokasi penelitian di Indonesia, dan artikel yang diterbitkan antara tahun 2020 dan 2024. Kriteria eksklusi adalah penelitian yang menargetkan populasi selain remaja perempuan. Sebanyak 15 artikel terkait dukungan sosial dan kepatuhan suplementasi zat besi di kalangan remaja teridentifikasi. Hasil kajian menunjukkan bahwa dukungan sosial yang meliputi dukungan sekolah, dukungan teman, dukungan keluarga, dan dukungan petugas kesehatan berhubungan dengan kepatuhan suplementasi tablet zat besi pada remaja putri. Kesimpulannya adalah dukungan sosial berpengaruh signifikan terhadap peningkatan kepatuhan suplementasi tablet zat besi pada remaja putri.

Abstract

Low adherence to consuming iron supplements among adolescent girls increased their risk of anemia. The prevalence of anemia among adolescents in Indonesia rose from 6.90% to 32.0%. The aim of this study was to examine the relationship between social support and the consumption of iron supplements among adolescent girls in Indonesia. The method used in this article was a literature review, based on articles obtained from the online database Google Scholar. The selected research articles met the inclusion and exclusion criteria established by the authors. The inclusion criteria for the literature review were: a quantitative research approach, full-text availability, study location in Indonesia, and articles published between 2020 and 2024. The exclusion criteria were studies targeting populations other than adolescent girls. A total of 15 articles related to social support and adherence to iron supplementation among adolescents were identified. The results of this review showed that social support including school support, friends, family support, and healthcare worker support was correlated with adherence to iron tablet supplementation among adolescent girls. The conclusion was that social support significantly impacted the improvement of adherence to iron tablet supplementation among adolescent girls.

INTRODUCTION

Currently, the global community faces the challenge of triple burden malnutrition, which includes undernutrition (wasting), overweight, and micronutrient deficiencies such as anemia. Anemia is a condition characterized by low hemoglobin levels in the blood, falling below the normal threshold of 12 g/dl. One of the most common types of anemia is iron deficiency anemia. Adolescent girls are ten times more likely to experience anemia compared to boys (Garzon et al., 2020). This is primarily due to the monthly menstrual cycle in adolescent girls, which increases the body's need for adequate iron intake (Dieniyah et al., 2019). Based on data from the Basic Health Research (Riset Kesehatan Dasar) from 2007 to 2018, the prevalence of anemia among adolescents in Indonesia increased from 6.90% to 32.0% (Balitbangkes RI, 2018).

Adolescent girls with anemia who later become pregnant are at higher risk of delivering low birth weight (LBW) babies and having stunted children (Kemenkes RI, 2016 & Figueiredo *et al.*, 2018). Anemia among adolescents also poses potential economic losses. The economic burden due to iron deficiency anemia is estimated at 62.02 trillion IDR or US\$ 5.08 billion per year (Mangalik et al., 2016). Anemia affects the social quality of life of adolescent girls in their daily activities. This is because anemia often causes fatigue, weakness, and lethargy, which can hinder an individual's ability to interact with others (Sari et al., 2022).

The World Health Organization (WHO) recommends preventing anemia by providing iron supplementation to women of reproductive age (WHO, 2011). In

Indonesia, iron supplementation programs began in 2016, following the circular letter from the Directorate General of Public Health of the Ministry of Health, numbered HK.03.03/V/0595/2016, concerning the provision of iron supplements for adolescent girls and women of reproductive age (Kemenkes RI., 2022).

Low adherence to consuming iron supplements among adolescent girls increases their risk of anemia (Misroh et al., 2021). Weekly supplementation of iron tablets has been shown to reduce anemia and meet the iron needs of menstruating adolescent girls (Fernández *et al.*, 2020). High adherence to iron supplement consumption is associated with lower anemia prevalence among adolescent girls (Syah et al., 2022). Several studies highlight that teachers who frequently provide health information about iron supplements and anemia prevention can improve adolescent girls' knowledge and motivation to consume iron tablets (Wangaskar *et al.*, 2021 & Sudfeld *et al.*, 2020). Social support also plays a significant role in the success of iron supplement consumption among adolescent girls. Based on this background, the purpose of this article is to examine the relationship between social support and the consumption of iron supplements among adolescent girls in Indonesia

METHOD

This study employs a literature review approach. It is a literature review aimed at understanding the social support factors associated with adolescent girls' adherence to consuming iron supplementation tablets to prevent anemia. The authors collected several relevant articles aligned with the research objectives for further in-depth analysis. The literature

review sources were obtained from Google Scholar. Article searches in the Google Scholar database used the keywords “social support and adherence to iron supplementation tablets among adolescents”.

The selected research articles met the inclusion and exclusion criteria established by the authors. The inclusion criteria for the literature review were: quantitative research approach, full-text availability, study location in Indonesia, and articles published between 2020 and 2024. The exclusion criteria were studies targeting populations other than adolescent

girls. Based on the collection and selection of articles for the literature review, a total of 15 articles related to social support and adherence to iron supplementation among adolescents were identified.

RESULT AND DISCUSSION

Based on the selection process, 15 articles were identified as aligned with the objectives of this study. Below is a summary of the articles related to social support and adherence to iron supplementation among adolescent girls.

Table 1. Literature Review

Author	Title	Method	Result
Sitindaon et al., (2024)	Analysis of Behavioral Factors of Adolescent Students Regarding Compliance with Blood Supplement Tablet (TTD) Consumption at School X	- <i>Cross Sectional</i> - The research sample consisted of 68 respondents. - <i>Chi-Square</i>	Parental support, teacher support, and peer support are all associated with adolescents' compliance in taking iron supplementation tablets. Students with less teacher support are 4.018 times more likely to be non-compliant in consuming iron tablets.
Susanti et al., (2024)	Factors Associated with Consumption of Blood Supplement Tablets in Adolescent Girls	- <i>Cross Sectional</i> - The research sample consisted of 190 respondents. - <i>Chi-Square</i>	There is a relationship between attitudes, family support, peer support, teacher support, and healthcare worker support with iron tablet consumption. However, no relationship was found between knowledge, the availability of iron tablets, and school support with iron tablet consumption among adolescent girls.
Widya & Kasni, (2024)	Analysis of Determinant Factors of Blood Supplement Tablet Consumption Behavior among Female Students at SMPN 4 Payakumbuh City	- <i>Cross Sectional</i> - The research sample consisted 82 respondents. - <i>Chi-Square</i>	No relationship was found between attitudes, peer support, teacher support, parental support, and healthcare worker support with iron tablet consumption among students at SMPN 4 Payakumbuh City
Pou et al., (2024)	Teacher Support for Compliance with Blood Supplement Tablet Consumption School Routine for Young Women	- <i>Cross Sectional</i> - The research sample consisted 170 respondents. - <i>Chi-Square</i>	There is a relationship between teacher support and iron tablet consumption among adolescent girls.
Magdalena et al., (2024)	The Influence of WhatsApp Blast, Teacher Support, and Adolescent Girls' Attitudes Regarding Compliance with Iron Tablet (TTD) Consumption in the Tampang Tumbang Anjir	- <i>Cross Sectional</i> - The research sample consisted 82 respondents. <i>Chi-Square</i>	Teacher support, WhatsApp blasts, and attitudes have an influence on compliance with iron tablet consumption.

Author	Title	Method	Result
	Community Health Center Area: (An Evaluation Study of the Tampang Tumbang Anjir Community Health Center Program)		
Sintawati et al., (2024)	The Relationship Between Knowledge, Attitude, and School Support on Compliance with Iron Tablet Consumption Among Adolescent Girls at SMAN 1 Kabandungan in 2023	- <i>Cross Sectional</i> - The research sample consisted 125 respondents. - <i>Chi-Square</i>	There is a relationship between knowledge, attitudes, and school support with compliance in consuming iron tablets among adolescent girls at SMAN 1 Kabandungan
Harlisa et al., (2023)	Knowledge, Motivation, and Family Support in Relation to Compliance with Iron Tablet Consumption among Adolescent Girls at SMAN 5 Tuban	- <i>Cross Sectional</i> - The research sample consisted 103 respondents. - <i>Chi-Square</i>	There is no relationship between family support, knowledge, and motivation with compliance in consuming iron tablets among adolescent girls.
Murdani et al., (2024)	The Relationship Between Peer Support and Compliance with Iron Tablet Consumption Among Female Students at SMA Negeri 1 Bangli	- <i>Cross Sectional</i> - The research sample consisted 232 respondents. - <i>Chi-Square</i>	There is a relationship between peer support and compliance with iron tablet consumption among students at SMA Negeri 1 Bangli. The less peer support, the more likely adolescent girls are to be non-compliant in taking iron tablets, with a risk of 20.29 times higher.
Lestari & Handayani (2023)	Multilevel Analysis of the Relationship Between School Ecology and Compliance with Iron Tablet Consumption Among Female High School Students in Semarang City	- <i>Cross Sectional</i> - The research sample consisted 355 respondents. - <i>Multilevel logistic Regression</i>	Significant factors influencing compliance with iron tablet consumption include knowledge, family support, teacher support, and school-related variables, all of which have a "rule of thumb" value of more than 8-10%, indicating that school support plays a critical role in adherence to iron tablet consumption..
Ilham et al., (2023)	Peer Support is Associated with Iron Tablet Consumption Among Adolescent Girls	- <i>Cross Sectional</i> - The research sample consisted 72 respondents. - <i>Chi-Square</i>	Peer support is associated with the compliance of adolescent girls in consuming iron tablets at SMP Negeri 1 Mamuju.
Prayudhistya et al., (2023)	The Relationship Between Family Support and Adherence to Iron Tablet Consumption Among Adolescent Girls at SMAIT Ukhuwah Banjarmasin	- <i>Cross Sectional</i> - The research sample consisted 45 respondents. - <i>Chi-Square</i>	Family support is linked to compliance in iron tablet consumption among adolescent girls at SMAIT Ukhuwah Banjarmasin.
Ristanti et al., (2023)	The Relationship Between the Role of Cadres, the Role of Midwives, and Motivation with Compliance in Consuming Iron Tablets for Adolescent Girls' Reproductive Preparation in Cihérang Village in 2022.	- <i>Cross Sectional</i> - The research sample consisted 65 respondents. - <i>Chi-Square</i>	There is a relationship between the role of cadres, midwives, and motivation with compliance in consuming iron tablets for reproductive preparation among adolescent girls in Cihérang Village in 2022.
Sri Raharjo & Indrayanti (2021)	Peer Group Support for Iron Tablet Medication Adherence Un Female	- <i>Cross Sectional</i>	Peer group support is associated with compliance in consuming iron tablets

Author	Title	Method	Result
	Teenagers of SMA N 1 Banguntapan In 2020	- The research sample consisted 151 respondents. - Spearman Rank	among adolescent girls at SMA N 1 Banguntapan in 2020.
Novita et al., (2021)	The Obedience Factors of Teenage Girls to Consume Iron Tablet at SMK Negeri 1 Kedawung, Cirebon	- Cross Sectional - The research sample consisted 191 respondents. - Chi-Square and Mann Whitney	There was a correlation between knowledge, teacher support, parental support, healthcare workers' support, and self-efficacy in adolescent girls' compliance with consuming iron tablets.
Tirthawati et al., (2020)	Knowledge, Attitudes of Adolescent Girls, and Health Worker Support toward the Consumption of Iron Folic Acid Tablets at SMKN 1 Bangsri Jepara: A Cross-Sectional Study	- Cross Sectional - The research sample consisted 191 respondents. - Chi-Square	There is a relationship between healthcare worker support, knowledge, and attitudes with compliance in iron tablet consumption among adolescent girls.

The iron supplementation program for adolescent girls is one of the specific nutritional interventions aimed at preventing stunting. Specific nutritional interventions address the direct causes of stunting in infants. Interventions for the prevention and control of anemia include iron supplementation, food fortification, and improving the quality and diversity of dietary intake (Lopes et al., 2018). Low adherence to iron tablet consumption among adolescent girls increases their risk of developing anemia (Misroh et al., 2021). Compliance with iron tablet consumption is influenced by the social support surrounding adolescent girls. Social support factors affecting compliance include school support, peer support, family support, and healthcare worker support.

The Relationship Between School Support and Consumption of Iron Supplement Tablets Among Adolescent Girls

Based on the literature review table, five articles indicate that school support influences the adherence of adolescent girls to consuming iron supplement tablets.

Support from teachers can take the form of providing health information about the benefits of iron tablets in preventing anemia among adolescent girls. This information increases their knowledge about the benefits of the supplements (Pou et al., 2024). However, one article reported no correlation between teacher support and adherence to consuming iron tablets. This finding is attributed to teachers' lack of knowledge about anemia prevention, leading to suboptimal delivery of health information (Widya & Kasni, 2024).

Teachers play a critical role in enhancing the adherence of adolescent girls to iron supplement consumption. This is because adolescent girls spend nearly half of their time at school (Sintawati et al., 2024). While at school, teachers serve as role models for adolescent girls, making it easier to influence their behavior toward consistently consuming iron tablets. If adolescent girls adhere to regular consumption, teachers can provide positive reinforcement, which boosts their confidence and supports sustained anemia prevention efforts (Magdalena et al., 2024). Additional support may include monitoring

each adolescent girl to ensure regular consumption through synchronized iron tablet consumption initiatives in classrooms during learning hours.

The Relationship Between Peer Support and Consumption of Iron Supplement Tablets Among Adolescent Girls

Based on the table, it was found that three articles indicate a relationship between peer support and adherence to iron supplement consumption. Lack of peer support can influence non-compliance among adolescent girls in consuming iron supplements (Murdani et al., 2024). Peers are one of the factors that significantly affect the lives of adolescents (Sri Raharjo & Indrayanti, 2021). While at school, adolescent girls may also be influenced by the support provided by their peers. Peer influence affects the attitudes and behaviors of adolescent girls. Essentially, adolescent girls are more easily influenced by those closest to them, particularly their peers. Peers who consistently consume iron supplements can easily encourage other adolescent girls to do the same. The need for acceptance within a peer group motivates adolescents to conform to the norms and values of that group (Ilham et al., 2023). However, one article states that there is no relationship between peer support and iron supplement consumption. This is because some peers fail to remind or encourage each other to regularly consume iron supplements (Widya & Kasni, 2024). This lack of encouragement results in lower compliance among adolescent girls within the group to regularly consume iron supplements.

The Relationship Between Family Support and Consumption of Iron

Supplement Tablets Among Adolescent Girls

Based on the table, it was found that four articles reported a relationship between family support and adherence to consuming iron supplements among adolescent girls. Family plays a crucial role in reminding adolescent girls to routinely take iron supplements. Higher family support fosters confidence and positive perceptions regarding iron supplement consumption, which, in turn, strengthens the intention to prevent anemia. Iron supplements are recommended to be consumed once a week by adolescent girls and daily during menstruation. Parents who actively support and motivate their daughters to take iron supplements contribute to reducing anemia rates among adolescents (Dwiyanita et al., 2024). Adherence to iron supplement consumption is influenced by parents' knowledge of the benefits of routine supplement intake (Amir & Djokosujono, 2019). Family support strategies to encourage adherence to iron supplement consumption include providing iron-rich meals and reminding adolescents of the appropriate schedule for taking the supplements.

The table also revealed that two articles indicated no significant relationship between family support and iron supplement consumption. This lack of support can influence adolescents' perceptions. Some families do not accompany their children in the weekly iron supplement program or during menstruation, leading to adolescents forgetting or being reluctant to consume the supplements (Widya & Kasni, 2024). Without family support, adolescent girls are less likely to perceive iron supplement consumption as important. Family support is particularly critical during adolescence,

as families are the closest individuals who can provide encouragement and motivation (Harlisa et al., 2023)

The Relationship Between Health care Support and Consumption of Iron Supplement Tablets Among Adolescent Girls

Based on the table, it was found that there is a relationship between healthcare workers' support and adherence to iron tablet consumption. The role of healthcare workers includes providing support by informing about anemia prevention, explaining the benefits of iron tablets for adolescent girls, recommending the consumption of iron tablets, educating on the proper method of taking them, and offering encouragement and motivation for their consumption (Susanti et al., 2024). Healthcare workers can serve as a reinforcing source for adolescent girls in consuming iron tablets by establishing communication regarding anemia prevention and addressing health issues in adolescents (Tirthawati et al., 2020). Additional support, such as regular monitoring by healthcare workers, has also been shown to enhance the effectiveness of interventions in improving adherence to iron tablet consumption (Sukmawati & Tarmizi, 2022).

CONCLUSION

Stunting is a significant health issue that can be attributed to anemia. Preventing anemia in adolescent girls can be addressed by providing iron supplementation tablets. Compliance with regular consumption of iron supplementation among adolescents is influenced, among other factors, by social support. Social support factors that affect

adherence include support from schools, peers, families, and healthcare providers.

To improve compliance with iron supplementation intake among adolescent girls, it is recommended to conduct educational programs on anemia prevention targeting all social support factors surrounding them. This approach aims to strengthen the social environment, fostering a supportive atmosphere for anemia prevention through the use of iron supplementation.

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