

Literature Review: The Effect of Peer Education Programs on Improving Knowledge and Adherence to Iron Folic Acid (IFA) Tablet Consumption in Adolescent Girls

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Article Info	Abstract
Article History	Iron deficiency anemia is a major public health problem among adolescent girls in Indonesia, affecting concentration in learning and increasing reproductive health risks in the future. Although the national Iron Folic Acid (IFA) Tablet supplementation program has been launched, the level of adherence to consumption among adolescents remains low, often due to minimal knowledge, myths, and perceived side effects. Innovative intervention strategies relevant to the characteristics of adolescents are needed to increase program effectiveness, one of which is the peer education approach. This study aims to analyze and synthesize scientific evidence regarding the effect of the Peer Education program on improving knowledge and adherence to IFA tablet consumption in adolescent girls. The literature search was conducted on electronic databases such as PubMed, ScienceDirect, and Google Scholar, using a combination of keywords (e.g., peer education, edukasi sebaya, tablet tambah darah, TTD, anemia, adherence, remaja putri). The articles reviewed included quasi-experimental studies, experimental studies, and reviews comparing peer education intervention with conventional education, published within the last ten years. The synthesis results from various studies indicate that the peer education program has a significant and positive effect on both aspects studied. The increase in knowledge about anemia, IFA tablet function, and side effect management post-peer education intervention was found to be higher compared to the control group. Furthermore, adherence to IFA tablet consumption (weekly or daily frequency) in adolescents who received peer education also increased substantially. This effectiveness is linked to factors such as easier communication, a comfortable learning atmosphere, and the positive influence of peer role models. The peer education program is a highly effective and targeted strategy for overcoming low knowledge and adherence in IFA programs among adolescent girls. It is recommended that educational institutions and public health programs adopt and integrate the peer education model as a core.
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Introduction

Anemia is a significant health problem among adolescents, particularly young women. Research shows an alarming prevalence of anemia in Indonesia, with approximately 32% of young women experiencing this condition. Anemia in young women is often caused by a lack of Iron intake, which is essential for hemoglobin formation, as well as blood loss due to menstruation. Data from various sources indicate that many adolescent girls do not comply with iron supplementation (TTD) consumption, even though a government program has been launched to provide this nutritional support (Dinkes Prov Riau, 2019). Survey results show that

more than 50% of adolescent girls do not regularly take iron tablets, which can have serious consequences for their future health, including the risk of anemia during pregnancy (Anggreiniboti, 2022).

The identification of this problem shows that there is a lack of knowledge and awareness among teenagers regarding the importance of consuming TTD (Putri, Rahman and Yusuf, 2025). Although many adolescents have basic knowledge about anemia, this is not always accompanied by concrete actions in taking iron tablets regularly. Social support from peers, family, and the surrounding environment also plays an important role in shaping adolescents' health behavior (Azizah and Fatah, 2023). Previous research indicates that there is a significant relationship between knowledge, attitudes, and peer support with adherence to TTD consumption (Nur Rahayu, Mardiana and Lidia Lushinta, 2024). Therefore, an educational approach involving the active participation of adolescents is expected to increase their awareness and compliance in consuming TTD.

Peer education program education is a potential strategy to increase the knowledge and compliance of young women with TTD consumption (Noerfitri et al., 2024). Through interactive, community-based interventions, adolescents are not only taught about the importance of nutrition and iron supplementation but also involved in the learning process. With this model, it is hoped that adolescents can support and motivate each other to adopt healthy lifestyles.

The purpose of this study was to explore the relationship between knowledge, attitudes, and peer support on iron supplement consumption behavior among adolescent girls. Furthermore, this study aimed to identify previous research findings, including those that have been and have not been found, related to the specific phenomenon or situation being studied: iron supplement consumption patterns among adolescent girls.

This study will review the level of knowledge of adolescent girls about anemia and the benefits of iron tablets and examine how this knowledge relates to their compliance in taking iron tablets (Nur Rahayu, Mardiana and Lidia Lushinta, 2024). In addition, this study will also analyze the attitudes of adolescent girls towards TTD and how these attitudes influence consumption behavior (Anggreiniboti, 2022). Furthermore, this study will explore social support from peers and family, and how these factors play a role in encouraging or hindering adherence to TTD consumption (Noerfitri et al., 2024). In this case, this study will also assess the effectiveness of the educational program that has been implemented, as well as identify the obstacles faced by adolescent girls in consuming TTD (Hafizah et al., 2025).

With identify results this, it is hoped study This can give more insight deep about dynamics that influence TTD consumption among teenager daughter. Besides that, the result study This expected can increase compliance teenager daughter in consuming TTD, so that reduce prevalence anemia among they. Educational program peers This expected can become step strategic in create the next generation healthy and conscious will importance intake balanced nutrition, at the same time push behavior life healthy among teenager.

Methods

Study This use design literature review, where the data collection process is carried out through search and research literature. This covers activity reading and studying journals, books, and various script related, which then synthesized become A focused writing on something topic or issue specific. Search library done on the Google Scholar and PubMed databases, using keyword combination such as: Programs, Education Friend Peers, Knowledge, Compliance, Tablets Add Blood (TTD), and Teenagers Princess. Criteria strict inclusion applied, where selected articles must in accordance with objective research, published in range year 2016 to 2025, and language Indonesia. Total 10 articles chosen for analyzed. As for steps in implementation literature review This includes: article database search; keyword identification; confirmation abstract and content article through reading and analysis in-depth; and finally, synthesis focused findings on review part results and Discussion from article selected.

Results and Discussion

Table 1. Results of Journal Analysis

No	Research	Method	Results
1.	(Mumtaz Anjaya <i>et al.</i> , 2024) Efektivitas Metode Pendidikan Kesehatan terhadap Kesadaran dan Kepatuhan Konsumsi Tablet	Objective: To evaluate the effectiveness of health education methods in increasing awareness and compliance of adolescent girls toward IFA tablet consumption. Sample/Participants: 10 relevant primary articles retrieved from ScienceDirect, Google Scholar, and	Findings: Health education methods significantly increase awareness and compliance of adolescent girls toward iron supplement tablet (TTD) consumption. Implications: Utilizing varied media and interactive methods enriches learning, enhances

	Suplemen Zat Besi pada Remaja Putri	ResearchGate (Inclusion: 2019-2024). Design & Data Collection: Systematic Review methodology utilizing a systematic literature search strategy aligned with the PRISMA guidelines.	interactivity, and boosts motivation among adolescents.
2.	(Putri, Rahman and Yusuf, 2025) Hubungan Dukungan Teman Sebaya dengan Perilaku Konsumsi Tablet Suplemen Zat Besi pada Siswa Perempuan Remaja SMA Negeri 14 Makassar	Objective: To determine the relationship between peer support and the behavioral habits of iron supplement tablet consumption among adolescent girls at SMAN 14 Makassar. Sample/Participants: 80 adolescent girls at SMAN 14 Makassar. Design & Data Collection: Quantitative approach with a cross-sectional design. Data analysis was conducted using univariate and bivariate methods via the Chi-square test processed in SPSS.	Findings: A highly significant relationship was confirmed between peer support and iron tablet consumption behavior (p-value = 0.000 < 0.05). Implications: Adolescent girls should actively engage and encourage their peers to stick to iron supplement routines to collectively improve health outcomes.
3.	(Nur Rahayu, Mardiana and Lidia Lushinta, 2024) Efektivitas Kelompok Sebaya terhadap Konsumsi Tablet Zat Besi pada Remaja Putri	Objective: To determine the effectiveness of Peer Groups in increasing the consumption of Fe tablets among adolescent girls. Sample/Participants: 190 female students from the 8th grade at SMP Negeri 4 Samarinda, sampled using Simple Random Sampling. Design & Data Collection: Quasi-Experimental study with a Non-Equivalent Control Group Design. Data analysis was performed using the Mann-Whitney U Test.	Findings: Peer groups showed significant effectiveness in increasing Fe tablet consumption among adolescent girls (p-value = 0.00 < 0.05). Implications: Peer groups serve as a highly interactive platform for students to remind each other and overcome personal or sensory barriers to iron intake.
4.	(Olivia and Alwi, 2024) Pengaruh Edukator Sebaya dan Media Selebaran terhadap Hambatan yang Dirasakan dalam Mengambil Tindakan Konsumsi Talet Suplemen Zat Besi	Objective: To determine the difference in the effects of peer educator interventions and leaflet media against perceived action barriers in taking iron supplement tablets. Sample/Participants: 64 adolescent girls selected from a total population of 145 Class X students at SMAN 4 Maros. Design & Data Collection: Experimental design using a 2-variable independent factorial model, comparing peer educator training blocks with distribution of leaflet media.	Findings: Peer educators exerted a highly significant influence on mitigating perceived action barriers, successfully increasing adherence behaviors. Implications: Sustainable recruitment of peer educators paired with informative leaflets is strongly recommended to alter negative behavioral perceptions.
5.	(Chandra <i>et al.</i> , 2024) Peran Edukator Sebaya dalam Intervensi Pemberian Tabet Suplemen Zat Besi untuk Remaja Putri	Objective: Analyzing the differences and influences of peer educator approaches compared to control groups, leaflets, and videos on compliance variables at State Senior High School 1 Cigombong. Sample/Participants: 45 respondents selected from a total student population of 389 adolescent girls. Design & Data Collection: Quantitative approach with a one-group pretest-posttest experimental design, utilizing Paired Sample T-Test and ANOVA models.	Findings: Leaflet and video interventions significantly boosted knowledge, attitude, intention, and compliance (p < 0.05), whereas the control group showed no change. Implications: School health programs (UKS) must integrate visual media tools alongside peer networks to maintain strong student motivation.
6	(Hilmiati, Ernalina and Sembiring, 2025) Hubungan antara Pengetahuan, Sikap, dan	Objective: To know the relationship of knowledge, attitudes, and peer support with iron supplement tablet consumption at Al Huda Senior High School, Pekanbaru. Sample/Participants: 135 female students out of a total population of	Findings: Significant correlations were found across knowledge (p=0.036), attitude (p=0.033), and peer support (p=0.030) with adherence simultaneously. Implications: Peer groups must be strategically leveraged to

	Dukungan Teman Sebaya dengan Konsumsi Tablet Suplemen Zat Besi di SMA Al Huda, Pekanbaru	146 who met all precise field inclusion criteria. Design & Data Collection: Cross-sectional study using Total Sampling. Instruments included administrative records and multi-variable questionnaires.	eliminate feelings of social isolation among students when consuming iron tablets.
7	(Azizah and Fatah, 2023) Literature Review: Hubungan Pengetahuan dan Perilaku Remaja Putri Terhadap Tablet Suplemen Zat Besi (TTD) dalam Pencegahan Anemia	Objective: To observe the influence of knowledge and behavior among adolescent girls toward iron supplement tablet consumption in the prevention of anemia. Sample/Participants: Secondary data synthesized from 15 relevant articles published between 2018 and 2023. Design & Data Collection: Literature review with descriptive analysis, identifying and evaluates published data across Google Scholar and ResearchGate.	Findings: Solid external support systems from families, schoolteachers, and peer circles serve as primary motivators for continuous compliance. Implications: Health institutions and schools must regularly upgrade to interactive educational methods to prevent program boredom.
8	(Dyah Jaya Santrika Wardani, 2024) Literature Studies: Faktor-faktor yang Berkaitan dengan Kepatuhan Konsumsi Tablet Suplemen Zat Besi di Kalangan Remaja Putri di Indonesia	Objective: Aims to identify more deeply the related factors with compliance with iron supplement tablet consumption among adolescent girls in Indonesia. Sample/Participants: 15 primary eligible articles extracted through strict PRISMA filtering from Google Scholar, PubMed, and ScienceDirect. Design & Data Collection: Literature study utilizing the PRISMA framework (Identification, Screening, Eligibility, Inclusion).	Findings: Multiple factors (knowledge, self-efficacy, peer/family backing, teacher supervision, and digital health apps) heavily correlate with adherence. Implications: Interventions must be holistic, moving beyond students to directly educate parents and strengthen the school UKS ecosystem.

Based on Table 1, it can be affirmed that all six articles without exception found a significant relationship between gadget/screen time use and early childhood emotion regulation. The difference lies only in the methodological approach (quantitative vs. qualitative), the scale of the research, and the age range of the sample, but the direction of the relationship is consistent, namely the higher the intensity of gadget use, the lower the child's ability to regulate emotions.

Teenager daughter (Rematri) including in group risky tall experience anemia with level hemoglobin (Hb) < 12 gr/dl, especially consequence lost blood during menstruation every month. Risk This aggravated by pattern life No healthy, like lack of consumption nutrient- rich foods iron and protein, as well as habit doing the wrong diet. Condition This hinder growth and development at puberty , making anemia as problem urgent health For handled (Mumtaz Anjaya et al., 2024).

Friend peers very influence behavior teenager One other things This happen Because development during adolescence more often involving group Friend peers compared to parents or family. If This done, teenagers daughter will more often taking additional tablets blood Because motivated by habit Friend peers. Students who get high support from Friend peers more tend For notice need nutrition they as well as more motivated For consume TTD according to recommendation (Putri, Rahman and Yusuf, 2025) . Based on analysis descriptive, majority respondents have level good knowledge about anemia and Fe tablets, as well as good motivation For consuming Fe tablets. However, the effect Friend peers to behavior consumption of Fe tablets is still classified as not enough Good on majority respondents, which indicates that environment social peers Not yet fully support behavior consume Fe tablets regularly routine. Support social from family Also found Enough good , which means role family in give encouragement and understanding about importance sufficient consumption of Fe tablets significant (Aprilia et al., 2025).

Education group by Friend peer education is a process of communication, information and education (KIE) that is carried out by and for circles peers through peer group formation. Education in the form of peer group is Wrong One effort change behavior health through group Friend peers who emphasize on change behavior , and on method This happen interaction in the group Study state that there is improvement compliance in consumption of Fe tablets before and after given intervention in the form of peer group formation. Consumption of Fe tablets in teenager influenced by perception teenager to behavior his health in consuming Fe tablets.

Reason respondents who do not Again consuming Fe tablets is a tablet that is lost, forgotten, dizzy, and not permitted by parents. Teenagers confess Dizzy moment taking Fe tablets for the first time, no continue Because afraid, so that forbidden by parents Because feel No need. Lack of awareness will importance consumption of Fe tablets, lack of support from parents and parties around , and fear in consume become problems that must be completed (Nur Rahayu, Mardiana and Lidia Lushinta, 2024) .

Perceived barrier to action is obstacle For do action for example unwillingness, no enough, expensive, difficult or time used from something activity main. Results study show that the perceived barrier to action on group peer educator intervention during most pretests is at on category low. Based on from information obtained from subject when see perceived barriers to action in behavior compliance increased tablet consumption blood less, so that cause awareness in taking additional tablets blood Also reduced. Based on from results study moment pretest before given education on peer educator groups on perceived barrier to action do not taking additional tablets blood in a way regular Because there is a number of obstacle during taking additional tablets blood Wrong the only one No know benefit from the tablet added blood (Olivia and Alwi, 2024).

Granting of signature to teenager daughter at State Senior High School 1 Cigombong influenced by the role of teachers is not optimal, the environment is less than support, and the lack of activity For increase interest they in taking additional tablets blood. Purpose study This is For fulfil need substance iron teenager the princess who will become mother in the future. With adequate provision from substance iron since age early , expected level incident anemia on Mother pregnant , bleeding moment labor , weight body born low birth weight (LBW), and growth underweight toddlers can decreased (Chandra et al., 2024). Giving supplementation substance iron on teenager is Wrong One method government in lower incident anemia . Intake supplement substance enough iron in a way regular can in a way effective increase savings substance iron. Action take iron tablets is actions taken somebody For prevent anemia with method increase level hemoglobin in blood (Azizah and Fatah, 2023).

Improvement knowledge as well as information anemia and TTD in teenager daughter by teachers and parents very important For implemented so that teenagers daughter can share his knowledge the to Friend peers, so that will more Lots teenager orderly daughter in consuming TTD because motivated by habit Friend peers. In line with matter said, on moment study found that support Friend peers on teenager daughter Still Not yet give positive impact. Based on results study in questionnaire, still found teenager the daughter who is not get information regarding TTD and allowing himself No consuming TTD regularly routine by Friend peers, and so on teenager daughter other feel ostracized by Friend peers If no consuming TTD. The majority teenager daughter get support Friend sufficient age okay, will but teenager the princess who got support a good friend on level TTD consumption is still low. Friend peers useful as place communicate so that cause occurrence change behavior , which is where in study change the behavior in question is behavior TTD consumption (Hilmiati, Ernalina and Sembiring, 2025).

Results research that has been done obtained knowledge respondents about the added tablet blood knowledgeable good and the rest knowledgeable enough. Although knowledge respondents in category good and enough, but compliance in taking additional tablets blood Still low. Results study This show almost half teenager daughter No obedient taking additional tablets blood. Non-compliance teenager in taking additional tablets blood is Wrong One difficulty in overcome and prevent anemia. Teenagers daughter considered obedient If can consume supplement substance iron once in a while a week, and once a day during menstruation (Azizah and Fatah, 2023).

Compliance is transition inappropriate behavior follow rule become behavior that follows rules Problems compliance is obstacle big in provision of signature. Compliance in consuming TTD can become factor key in overcome prevalence anemia nutrition iron at a time can become step prevention on group teenager princess. Many study show that the supplementation program sour folate and substances iron No help in repair condition anemia Because low compliance in consumption. Research mention that There is relatedness between compliance consumption of TTD with anemia on teenager princess. categorized obedient in consumption of TTD when they consuming ≥ 52 tablets every year. Meanwhile, those who consumed TTD < 52 tablets in One year categorized as No obedient. In effort understand factors that influence TTD consumption on teenager daughter (Dyah Jaya Santrika Wardani, 2024)

Cell blood normal red color red with form biconcave that is visible circle flat on part middle. Detection anemia with measure amount cell blood red and identify structure (shape and size) requires a relatively long time, so that identification anemia done with measure hemoglobin. Causes anemia in a way direct on teenager daughter is pattern eat something that is not sufficient intake substance iron, menstruation and needs excessive because of puberty. The cause is lack of knowledge, following trend consumption food junk food that only tall calories and salt, but low in vitamins, low fiber and not contain micronutrients important. Supplements Foods enriched with vitamins and minerals are step prevention anemia.

Consumption source folat from vegetables leaf green, fruit oranges, and animal protein (Setyaningrum, Wulandari and Purwanza, 2023).

Analysis regression logistics indicates If motivation is the most influential factor significant on behavior consumption of iron tablets. Teenagers with motivation tall own possibility almost five times more bigger in do consume Fe tablets regularly regular compared with teenagers who have motivation low. Findings This confirm importance focused interventions on improvement motivation teenagers, good through education interesting health, as well as through appropriate approach with characteristics teenagers. In general overall, research This highlight importance approach multidimensional For increase compliance consumption of Fe tablets among teenager daughter. The intervention that only focus on improvement knowledge without notice aspect motivation, support social, and influence Friend peers tend not enough effective. By Because that , health program teenagers at school need integrate education , counseling motivation , as well as involving family and friends peers as agent change behavior (Aprilia et al., 2025).

Conclusion

Based on review literature from various study, can concluded that Educational Program Peer Education / Support is strategy very intervention effective and impactful significant in handle problem nutrition, especially compliance Increased Tablet Consumption Blood (TTD) on Teenager Princess. Role Friend peers as educators (peer educators) are assessed essential Because teenager tend more easier receive and interact with information conveyed by colleague peers. In terms of consistent, this program proven produce improvement substantial understanding on Teenager Daughter related anemia, benefits of TTD, and guidelines correct dosage. Increase knowledge This often become prerequisite For change behavior. Besides that, found existence correlation strong positive: support given by Friend peers very influence level compliance TTD consumption, where supported youth more motivated and disciplined in drink TTD according to recommendation.

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