

DETERMINAN KEJADIAN ANEMIA REMAJA PUTRI DI MTs FADLURRAHMAN KOTA BEKASI TAHUN 2022

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Abstrak

Anemia merupakan kondisi konsentrasi hemoglobin lebih rendah daripada normal. Remaja putri merupakan kelompok rawan anemia karena memuncaknya kebutuhan zat besi akibat siklus menstruasi. Penelitian ini bertujuan untuk menganalisis gambaran karakteristik responden, kejadian anemia, pengetahuan tentang anemia, asupan zat besi, asupan *inhibitor enhancer* zat besi, aktivitas fisik, dan menganalisis hubungan antara pengetahuan tentang anemia, asupan zat besi, *inhibitor enhancer* zat besi, serta aktivitas fisik terhadap kejadian anemia remaja putri di MTs Fadlurrahman Kota Bekasi tahun 2022. Penelitian menggunakan desain *cross sectional* dengan pengambilan sampel menggunakan teknik *stratified random sampling*. Jumlah sampel yang dibutuhkan yaitu 49 remaja putri. Analisis frekuensi menunjukkan responden berada di usia 13-16 tahun, yang mengalami anemia sebesar 36,7%, pengetahuan rendah 69,4%, asupan zat besi kurang 75,51%, asupan *enhancer* jarang 69,4%, asupan *inhibitor* sering 51,02%, dan aktivitas fisik rendah 65,31%. Analisis *chi-square* didapatkan hubungan ($p < 0,05$) antara pengetahuan, asupan zat besi, asupan *enhancer* zat besi, asupan *inhibitor* zat besi dengan kejadian anemia, dan tidak ada hubungan ($p > 0,05$) antara aktivitas fisik dengan kejadian anemia. Remaja putri perlu meningkatkan pengetahuan mengenai anemia dan memperhatikan asupannya pada pangan yang mengandung zat besi dan *enhancer* zat besi, serta membatasi konsumsi pangan yang termasuk dalam *inhibitor* zat besi.

Kata Kunci: Pengetahuan Anemia, Asupan Zat Besi, Asupan *Enhancer* dan *Inhibitor* Zat Besi, Aktivitas Fisik, Anemia

DETERMINANTS OF ANEMIA AMONG ADOLESCENT GIRLS IN MTs FADLURRAHMAN BEKASI 2022

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Abstract

Anemia was a specific condition with hemoglobin concentration lower than normal. Adolescent girls were prone to anemia because the increasing of iron need during the menstrual cycles. This study aimed to analyze the characteristics of respondents, knowledge about anemia, iron, iron enhancers and iron inhibitors intake, physical activity, and its relationship with the incidence of anemia. This study used a cross sectional design and stratified random sampling technique with 49 samples of adolescent girls. Frequency analysis showed that respondents were aged 13-16 years, 36,7% had anemia, 69,4% had low knowledge, 75,51% had low iron intake, 69,4% had rare enhancers intake, 51,02% had often inhibitors intake, and 65,31% had low activity. Chi-square analysis showed knowledge, iron , iron enhancers, and iron inhibitors intake significantly ($p < 0,05$) correlated to incidence of anemia. There was no significant ($p > 0,05$) relationship between physical activity with the incidence of anemia. Adolescent girls need to increase knowledge about anemia and pay attention to their intake, especially in foods containing iron and iron enhancers, as well as limiting the consumption of foods that are iron inhibitors.

Keywords: Knowledge of anemia, iron intake, iron enhancers and inhibitors intake, physical activity, anemia