

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMA NEGERI 3 JAKARTA TAHUN 2025

Farah Zhafirah

Abstrak

Anemia muncul saat kadar hemoglobin dalam darah di bawah tingkat normal. Masa remaja merupakan periode penting dalam tumbuh kembang individu, ditandai dengan perubahan fisik yang pesat dan meningkatnya kebutuhan nutrisi. Remaja perempuan termasuk dalam kelompok yang berisiko mengalami anemia, akibat meningkatnya kebutuhan zat besi selama masa pertumbuhan dan siklus menstruasi. Pengambilan data dalam penelitian ini dilakukan secara *cross-sectional* di SMA Negeri 3 Jakarta. Sampel penelitian ini dipilih menggunakan metode *stratified random sampling*, dengan melibatkan sebanyak 180 siswi dari tingkat kelas sepuluh dan sebelas. Data dikumpulkan melalui pengukuran kadar hemoglobin dengan *Easy Touch GcHb*, pengukuran lingkaran lengan atas (LiLA), serta data frekuensi konsumsi zat besi heme, sumber *enhancer*, dan sumber *inhibitor*, yang semuanya diperoleh melalui *Food Frequency Questionnaire* (FFQ). Selain itu, pengetahuan responden tentang anemia dan tablet tambah darah, serta dukungan keluarga, juga dikumpulkan melalui kuesioner. Analisis bivariat dengan metode uji *chi-square* mengindikasikan adanya keterkaitan yang signifikan antara tingkat pengetahuan responden mengenai tablet tambah darah, dengan nilai *p-value* sebesar 0,032. Hasil analisis menunjukkan bahwa tidak terdapat hubungan yang bermakna secara statistik antara kejadian anemia pada remaja putri di SMA Negeri 3 Jakarta dengan beberapa faktor yaitu frekuensi konsumsi pangan sumber zat besi heme, sumber *enhancer*, sumber *inhibitor*, status LiLA, tingkat pengetahuan anemia, serta dukungan keluarga. Hasil analisis multivariat dengan metode regresi logistik menunjukkan bahwa tingkat pengetahuan mengenai tablet tambah darah berpengaruh secara signifikan terhadap kejadian anemia pada remaja putri di sekolah tersebut, dengan nilai *p-value* = 0,02 dan *odds ratio* sebesar 0,48 (CI 95%: 0,256 – 0,901).

Kata Kunci: Anemia, LiLA, Pengetahuan tentang Anemia, Remaja Putri

FACTORS RELATED TO THE INCIDENCE OF ANEMIA IN FEMALE ADOLESCENTS IN STATE SENIOR HIGH SCHOOL 3 JAKARTA IN 2025

Farah Zhafirah

Abstract

Anemia is a condition characterized by hemoglobin level in the blood falling below the standard threshold. The adolescent stage is a critical phase in a person's growth and development, characterized by swift physical transformations and heightened nutritional requirements. Adolescent girls are classified as a group vulnerable to experiencing anemia, caused by the increased need for iron during growth periods and the menstrual process. The research was carried out at SMA Negeri 3 Jakarta utilizing a cross-sectional study design. A total of 180 female students from grades X and XI were selected as research participants through a stratified random sampling method. Data collection involved measuring hemoglobin levels with the Easy Touch GcHb tool, assessing upper arm circumference (UAC), and gathering information on the intake of heme iron-rich foods, as well as foods that enhance or inhibit iron absorption, using the Food Frequency Questionnaire (FFQ). In addition, respondents' understanding of anemia and iron supplementation, as well as family support, were also collected through a questionnaire. According to the results obtained from the chi-square bivariate analysis indicate a relationship between respondents' knowledge of iron supplement tablets ($p\text{-value} = 0,032$). Moreover, no meaningful association was found between the intake of foods containing heme iron ($p\text{-value} = 0,076$), consumption of iron enhancer source foods ($p\text{-value} = 0.377$), consumption of iron inhibitor source foods ($p\text{-value} = 0,154$), mid-upper arm circumference (MUAC) classification ($p\text{-value} = 0,120$), knowledge base on anemia ($p\text{-value} = 0.110$), and support provided by the family ($p\text{-value} = 0.050$) regarding cases of anemia found in adolescent females at SMA Negeri 3 Jakarta. Through multivariate analysis using logistic regression, it was found that knowledge of iron supplement tablets has a significant influence on the occurrence of anemia among female adolescents at the school showed a statistically significant association, with a $p\text{-value} = 0,02$ and odds ratio of 0.48% (95% CI: 0.256 – 0.901).

Keywords: Anemia, LiLA, Knowledge about Anemia, Adolescent Girls