

KARAKTERISTIK TINGKAT ASUPAN ZAT BESI DAN POLA MENSTRUASI TERHADAP KEJADIAN ANEMIA PADA REMAJA PUTRI: LITERATURE REVIEW

Miranti Nisrina Nugrahanti

Abstrak

Pada tahun 2015, *worldwide prevalence of anemia* menyatakan bahwa masyarakat di dunia yang mengalami kejadian anemia terdapat prevalensi sebesar 40 – 88%. Sedangkan di Asia Tenggara, menurut WHO *Regional Office South East Asia Region Organisation* (ROSEARO) prevalensi remaja putri yang menderita anemia sebesar 25 – 40% dengan tingkat anemia ringan hingga berat. Studi literatur ini dilakukan untuk menguraikan informasi dengan *evidence based* pada bidang keperawatan mengenai karakteristik tingkat asupan zat besi (Fe) dan pola menstruasi dengan kejadian anemia pada remaja putri. Kesimpulan dari studi literature ini sebagian besar jurnal mendapatkan hasil penelitian yang ada hubungan antara tingkat asupan zat besi dan pola menstruasi dengan kejadian anemia serta hasil penilaian kualitas jurnal didapatkan nilai yang baik. Saran penelitian ini adalah pemerintah membuat kebijakan dalam pemberian suplemen zat besi pada remaja putri untuk mencegah serta mengatasi anemia.

Kata Kunci: Anemia, Asupan Zat Besi, Remaja Putri, Pola Menstruasi

CHARACTERISTICS OF IRON INTAKE LEVEL AND MENSTRUAL PATTERNS WITH THE INCIDENCE OF ANEMIA AMONG ADOLESCENT GIRLS: LITERATURE REVIEW

Miranti Nisrina Nugrahanti

Abstract

In 2015, the worldwide prevalence of anemia stated that people in the world who experienced an incidence of anemia had a prevalence of 40 - 88%. Whereas in Southeast Asia, accorded to the WHO Regional Office of the South East Asia Region Organization (ROSEARO) the prevalence of adolescent girls suffering from anemia is 25-40% with mild to severe anemia. This literature study was conducted to elaborate evidence-based information in the field of nursing regarding the characteristics of iron (Fe) intake levels and menstrual patterns with the incidence of anemia in adolescent girls. This literature study analyzed 30 international journals according to topic by assessing the quality of these journals. The conclusion of this literature study is that most of the journals get research results that have a relationship between the level of iron intake and menstrual patterns with the incidence of anemia and the results of the journal quality assessment obtained good grades. The suggestion of this research is the government makes a policy in giving iron supplements to young women to prevent and overcome anemia.

Keywords: Anemia, Iron Intake, Menstrual Pattern, Young Women