

GAMBARAN STATUS ANEMIA PADA REMAJA PUTRI DI SMA MUHAMMADIYAH 4 DEPOK, JAWA BARAT TAHUN 2018

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Abstrak

Anemia adalah suatu keadaan dimana kadar hemoglobin lebih rendah dari normal Berdasarkan hasil Riskesdas 2013, proporsi anemia di Indonesia pada kelompok umur 5-14 tahun adalah sebesar 26,4% sedangkan untuk wilayah Jawa Barat jumlah kasus penyakit anemia sebesar 1828 kasus atau 3,08% tujuan penelitian ini adalah untuk mengetahui gambaran status anemia pada remaja putri di SMA Muhammadiyah 4 Depok, Jawa barat tahun 2017. Penarikan sampel pada penelitian ini menggunakan teknik random sampling dengan perhitungan rumus chi square. Hasil penelitian ini menunjukkan sebanyak 57 siswi (52,8%) dan yang tidak anemia sebanyak 51 siswi (47,2%) rata-rata responden yaitu 85 siswi (78,7%) berada pada fase remaja awal yaitu usia 12-16 tahun dan sebanyak 58 siswi (53,7%) bergaya hidup tidak sehat, sebanyak 60 siswi (55,6%) dalam status gizi rendah (IMT <18,8), 62 siswi (57,4%) tidak konsumsi tablet tambah darah, sebanyak 85 ibu (78,7%) dari remaja putri di SMA Muhammadiyah 4 Depok memiliki pendidikan rendah sedangkan 73 orang tua (67,7%) memiliki pendapatan rendah, dan berdasarkan penelitian ini diketahui gambaran status anemia remaja putri di SMA Muhammadiyah 4 Depok tidak cukup baik dan disarankan agar dapat membuat program-program untuk menanggulangi atau mencegah anemia pada remaja putri.

Kata kunci : Anemia, Gambaran, Remaja putri, Siswi

DESIGN OF ANEMIA STATUS IN GIRL ADOLESCENT IN SMA MUHAMMADIYAH 4 DEPOK, WEST JAVA IN 2018

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Abstract

Anemia is a condition where hemoglobin levels are lower than normal. Based on the results of Riskesdas 2013, the proportion of anemia in Indonesia in the 5-14 years age group is 26.4% while for West Java the number of anemia cases is 1828 cases or 3.08%. The purpose of this study was to find out design of anemia status in girl adolescent in SMA Muhammadiyah 4 Depok, West Java in 2018. Sampling in this study used a random sampling technique with chi square formula calculation. The results of this study showed as many as 57 female students (52.8%) and non-anemic as many as 51 female students (47.2%) on the average respondents, namely 85 students (78.7%) were in the early adolescent phase, namely 12-16 years old and 58 female students (53.7%) were unhealthy lifestyles, as many as 60 female students (55.6%) in low nutritional status (BMI <18.8), 62 female students (57.4%) did not consume blood-added tablets, as many as 85 mothers (78.7%) from young women in Muhammadiyah 4 Depok High School had low education while 73 parents (67.7%) had low income, and based on this study it was known that the anemia status of young women in Muhammadiyah 4 Depok High School was not good enough and advised to be able to make programs to treat or prevent anemia in young women.

Keyword : Adolescent girl, Anemia, Description, Students