

GAMBARAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMP NEGERI 1 KALIBAWANG KULON PROGO

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INTISARI

Latar Belakang: Menurut *World Health Organization* Anemia adalah jumlah sel darah merah atau hemoglobin yang kurang dari normal (WHO, 2022). Remaja perempuan 13- 29 tahun membutuhkan 26 mg zat gizi. 30% wanita 15-49 tahun di dunia mengalami kondisi anemia (WHO, 2022) di atas 15 tahun sebesar 28%, Asia Tenggara 42%, Malaysia 21% dan Singapura 22%. Kabupaten Kulon Progo memiliki risiko tertinggi sebesar 34,75% (Pencegahan et al., 2023).

Tujuan: Untuk mengetahui gambaran kejadian anemia pada remaja putri di SMP Negeri 1 Kalibawang Kulon Progo. Dan mengetahui karakteristik responden berdasarkan konsumsi tablet Fe, siklus menstruasi, lamanya menstruasi, konsumsi sayuran hijau, konsumsi *junk food*, pola tidur dan konsumsi vitamin C

Metode Penelitian: Menggunakan metode kuantitatif dengan pendekatan deskriptif. Populasi seluruh siswi kelas 8 di SMP Negeri 1 Kalibawang Kulon Progo sebanyak 55 siswi. Menggunakan teknik *total Sampling*. Total sampel 55 siswi. Penelitian ini melibatkan 55 responden, namun peneliti melakukan *drop out* kepada 15 responden yang tidak memenuhi syarat *inklusi* penelitian yaitu sedang mengalami menstruasi. Oleh karena itu, analisis akhir dilakukan pada 40 responden.

Hasil penelitian: Hasil penelitian yaitu terdapat 17 (42,5%) yang tidak mengalami anemia, 12 (30%) mengalami anemia ringan, 8 (20%) mengalami anemia sedang dan 3 (7,5%) mengalami anemia berat.

Kesimpulan : Didapatkan hasil 17 (42,5%) yang tidak mengalami anemia, 12 (30%) mengalami anemia ringan, 8 (20%) mengalami anemia sedang dan 3 (7,5%) mengalami anemia berat.

Kata Kunci : Gambaran kejadian anemia, Remaja Putri, Karakteristik responden

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DESCRIPTION OF THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT SMP NEGERI 1 KALIBAWANG KULON PROGO

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ABSTRACT

Background: According to the World Health Organization Anemia is the amount of red blood cells or hemoglobin that is less than normal (WHO, 2022). Adolescent girls 13-29 years old need 26 mg of nutrients. 30% of women 15-49 years in the world are anemic (WHO, 2022) above 15 years is 28%, Southeast Asia 42%, Malaysia 21% and Singapore 22%. Kulon Progo Regency has the highest risk of 34.75% (Prevention et al., 2023).

Objective: To determine the incidence of anemia in adolescent girls at SMP Negeri 1 Kalibawang Kulon Progo. And determine the characteristics of respondents based on Fe tablet consumption, menstrual cycle, duration of menstruation, consumption of green vegetables, consumption of junk food, sleep patterns and vitamin C consumption.

Research Methods: Using quantitative method with descriptive approach. The population of all 8th grade students at SMP Negeri 1 Kalibawang Kulon Progo was 55 students. Using total sampling technique. Total sample 55 female students. This study involved 55 respondents, but the researcher dropped out 15 respondents who did not meet the research inclusion requirements, namely experiencing menstruation. Therefore, the final analysis was carried out on 40 respondents.

Results: The results showed that there were 17 (42.5%) who did not experience anemia, 12 (30%) experienced mild anemia, 8 (20%) experienced moderate anemia and 3 (7.5%) experienced severe anemia.

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Conclusion : There were 17 (42.5%) who did not experience anemia, 12 (30%) experienced mild anemia, 8 (20%) experienced moderate anemia and 3 (7.5%) experienced severe anemia.

Keyword : description of the incidence of anemia, Adolescent Girls, respondent characteristics

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