

**GAMBARAN STATUS GIZI PADA WANITA USIA SUBUR YANG
MENGALAMI ANEMIA DI PONDOK PESANTREN
AL- MUNAWIR KOMPLEK Q KRAPYAK
KABUPATEN BANTUL**

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INTISARI

Latar Belakang: Anemia sebagai salah satu penurunan masa sel darah merah, atau total hemoglobin. Karakteristik anemia pada wanita usia subur di Indonesia pada tahun 2003 dikelompokkan berdasarkan umur. 15- tahun 26,4, 15-24 tahun 18,4%, 25-34 16,9%, 35-44 tahun 18,3%, 45-54 20,1%, 55-64 tahun 25,0%, 65-74 tahun 34,2% Karakteristik anemia berdasarkan jenis kelamin, laki-laki 18,4%, perempuan 23,9%. Dan jumlah anemia diseluruh indonesia sebesar 21,7 %. Dan anemia tersebut disebabkan apakah dari status gizi atau bukan.

Tujuan : Diketuainya gambaran status gizi pada wanita usia subur yang mengalami anemia di Pondok Pesantren Al-Munawir

Metode Penelitian : Desain penelitian menggunakan metode deskriptif, dengan pendekatan waktu *cross sectional*. Populasi wanita usia subur yang mengalami anemia yang tinggal di Pondok Pesantren sebanyak 48 remaja, dengan teknik *total sampling* dengan menggunakan Instrumen lembar ceklis.

Hasil : Gambaran status gizi pada wanita usia subur yang mengalami anemia berdasarkan status gizi normal sebanyak 38 orang (77,6%), kurus 6 orang (12,2%), gemuk 4 orang (8,2%).

Kesimpulan : Mayoritas wanita usia subur yang mengalami anemia di Pondok Pesantren Al-Munawir Komplek Q krapayak Bantul berstatus gizinya normal.

Kata Kunci : Status Gizi,Wanita Usia Subur,Anemia

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**DESCRIPTION OF NUTRITIONAL STATUS WOMEN OF CHILDBEARING AGE WHICH
HAVE ANEMIA IN AL MUNAWWIR MUSLIM BOARDING SCHOOL,
COMPLEX Q KRAPYAK BANTUL**

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ABSTRACT

Background: Anemia as one of a red blood cells reduction, or total hemoglobin. The characteristic of anemia in women of childbearing age in Indonesia in 2003 are grouped based on the age. 5-14 years old are 26,4, 15-24 years old are 18,4%, 25- 34 are 16,9%, 35-44 years old are 18,3%, 45-54 years old are 20,1%, 55- 64 years old are 25,0%, 65-74 years old are 34,2%. The characteristic of anemia based on the sex, male are 18,4%, female are 23,9%. And the amount of anemia throughout Indonesia by 21,7%. Whether this is caused by nutritional status or not.

Objective: To know the description of nutritional status in women of childbearing age which have anemia in Al Munawwir muslim boarding school

Method: This research uses descriptive method with cross sectional approach. Women of childbearing age which have anemia in Al Munawwir muslim boarding school, Complex Q Krapyak Bantul, as many as 48 teenagers, by using total sampling technique with a checklist sheet instruments.

Result : The description of nutritional status in women of childbearing age which have anemia in Al Munawwir muslim boarding school, Complex Q Krapyak Bantul, with normal nutritional status are 38 people (77,6%), malnutrition are 6 people (12,2%), and fat nutritional status are 4 people (8,2%).

Conclusion: The majority of women of childbearing age which have anemia in Al Munawwir muslim boarding school, Complex Q Krapyak Bantul, have normal nutritional status.

Keywords: Nutritional Status, Women Of Childbearing Age, Anemia

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