

TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG ANEMIA DI PONDOK PESANTREN AL-MUNAWWIR KOMPLEK Q KRAPYAK YOGYAKARTA

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INTISARI

Latar Belakang: Masalah gizi yang ditemukan pada masa remaja adalah anemia. Karakteristik anemia pada remaja di Indonesia tahun 2013 dikelompokkan berdasarkan umur 5-14 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%.

Tujuan: Mengetahui tingkat pengetahuan remaja putri tentang anemia di Pondok Pesantren Al-Munawwir Komplek Q Krapyak Yogyakarta.

Metode: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif. Pengambilan sampel menggunakan metode *total sampling* dengan besar sampel sebanyak 38 semua reamaja putri yang berada di Pondok Pesantren Al-Munawwir Komplek Q Krapyak. Pengumpulan data dilakukan dengan menggunakan kuesioner tertutup dan analisa data yang digunakan adalah analisa *univariat*.

Hasil: Pengetahuan remaja putri tentang anemia kategori baik (44.7%), pengetahuan remaja putri tentang pengertian anemia kategori cukup (42.1%), pengetahuan remaja putri tentang penyebab anemia adalah kategori cukup (39.5%) dan kurang (39.5%), pengetahuan remaja putri tentang dampak anemia kategori baik (47.4%), pengetahuan remaja putri tentang pencegahan anemia sebagian besar adalah kategori baik (78.9%), pengetahuan remaja putri tentang pengobatan anemia sebagian besar adalah kategori kurang (65.8%).

Kesimpulan: Pengetahuan remaja putri tentang anemia di Pondok Pesantren Al-Munawwir Komplek Q Krapyak dalam kategori baik sebanyak 17 responden (44.7%)

Kata Kunci: Tingkat pengetahuan, Anemia, Remaja Putri.

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THE KNOWLEDGE LEVEL OF FEMALE TEENAGER ABOUT ANEMIA AT ISLAMIC BOARDING HOUSE OF AL-MUNAWWIR BLOCK Q KRAPYAK YOGYAKARTA

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ABSTRACT

Background: nutritional problem that is founded at adolescence is anemia. The characteristic of anemia in the female teenager of Indonesia in 2013 was categorized according to age, 5-14 years old is 26,4%, 15-24 years old is 18,4%, 25-34 is 16,9%, 35-44 years old is 18,3%, 45-54 years old is 20,1%, 55-64 years old is 25,0%, 65 – 74 years old is 34,2%.

Goal: to know knowledge level of female teenager about anemia at Islamic boarding house of Al-Munawwir Block Q Krapyak Yogyakarta

Method: the research was quantitative descriptive research. Sampling used total sampling method with number of sample as many 38 female teenagers that were in the islamic boarding house of Al-munawwir block Q krapyak. Data collecting is conducted by closed questionnaire and data analysis was by univariate analysis.

Result: the knowledge level of female teenager about anemia mostly is category good (44,7%), knowledge level of female teenager about anemia definition mostly is category adequate (42,1%), knowledge level of female teenager about the cause of anemia mostly is category adequate (39,5%) and deficient (39,5%), knowledge level of female teenager about the effect of anemia mostly is category good (47,4%), knowledge level of female teenager about the prevention of anemia mostly is category good (78,9%), knowledge level of female teenager about the treatment of anemia mostly is category deficient (65,8%).

Conclusion: the knowledge level of female teenager about anemia at islamic boarding house of al-munawwir krapyak is in category good as many 17 respondents (44,7%).

Key of terms: knowledge level, anemia, female teenager

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