

ABSTRAK

Anemia hingga saat ini masih menjadi salah satu masalah kesehatan yang banyak terjadi di dunia terutama di negara berkembang. Prevalensi anemia remaja di Kabupaten Bantul sebesar 54,8% yang menempati urutan kedua prevalensi anemia tertinggi di DIY. Pemerintah Kabupaten Bantul mengupayakan penurunan anemia remaja dengan program Sekolah Peduli Kasus Anemia (SEPEKAN). Tujuan penelitian ini adalah untuk mengetahui perbedaan kadar hemoglobin siswi sekolah dengan dan tanpa program SEPEKAN.

Desain penelitian menggunakan studi analitik dengan rancangan penelitian *Cross Sectional*. Populasi target adalah seluruh siswi SMA di Kabupaten Bantul, sedangkan populasi terjangkau adalah siswi kelas XI di SMA N 1 Bantul dan SMA N 3 Bantul. Metode pengambilan sampel dengan *simple random sampling* dan perhitungan besar sampel menggunakan rumus estimasi dua mean. Data diperoleh menggunakan alat Hb digital *Family Dr* dan data dianalisis menggunakan uji *Mann Withney U test*.

Hasil penelitian menunjukkan dari 110 responden, siswi sekolah dengan program SEPEKAN memiliki rata-rata kadar hemoglobin 11gr/dL, sementara siswi sekolah non program SEPEKAN memiliki rata-rata kadar hemoglobin 11,2gr/dL. Sehingga siswi sekolah dengan program sepekan memiliki kadar hemoglobin 0,2 gr/dL lebih rendah dibanding siswi sekolah tanpa program SEPEKAN. Hasil analisis didapatkan *p values* 0,588, sehingga tidak terdapat perbedaan bermakna kadar hemoglobin siswi dengan program SEPEKAN dan non program.

Kata kunci: Kadar Hemoglobin, Program SEPEKAN.

ABSTRAK

Anemia is currently become one of many health problems that occurred in the world, especially in developing countries. The prevalence of anemia in adolescents in Bantul Regency is 54.8% which is rank second place in the DIY province. The government of Bantul Regency has a program called Sekolah Peduli Kasus Anemia (SEPEKAN) to help reducing the anemia rate in Bantul. The objective of this research is to examine the differences in hemoglobin levels among students in a school that has SEPEKAN program and not in Bantul.

This research design used analytical studies with cross sectional design. Target populations were all female students of SMA in Bantul, while the accessible populations were all female students of eleventh grade in SMA N 1 Bantul and SMA N 3 Bantul. Sampling were taken by simple random sampling and calculated with estimation for two mean formula. The primary data were obtained by using a digital hemoglobin measurement toll Family Dr and analyzed with Mann Withney U Test.

This result showed that 110 respondents from both school, the hemoglobin levels of school with SEPEKAN program was 11 gr/dL, while the school without SEPEKAN program was 11,2 gr/dL. The result of the analysis obtained p-value 0,588 so there was no significant differences between the school with or without SEPEKAN program.

Keywords: Hemoglobin levels, SEPEKAN program