

ABSTRAK

Prevalensi anemia remaja di Kabupaten Bantul pada tahun 2014 sebesar 54,8%. Kabupaten Bantul menempati urutan kedua prevalensi anemia tertinggi di DIY. Oleh karena itu, pemerintah Kabupaten Bantul mengupayakan penurunan kejadian anemia remaja dengan program Sekolah Peduli Kasus Anemia (SEPEKAN). SEPEKAN dimulai dari tahap skrining yang dilakukan oleh siswa yang telah dilatih sebelumnya. Skrining yang dilakukan meliputi anamnesa dan pemeriksaan fisik. Jika ditemukan beberapa gejala anemia, petugas skrining akan melakukan tindak lanjut dengan merujuk siswa ke puskesmas untuk dilakukan pengecekan kadar Hb. Siswi dengan kadar Hb <12 gr/dL akan diberikan tablet Fe sebanyak 30 butir dan dilakukan pengecekan ulang dengan jarak minimal satu bulan.

Penelitian ini bertujuan untuk mengetahui perbedaan kadar hemoglobin siswi anemia sebelum dan sesudah mengikuti program SEPEKAN. Metode penelitian menggunakan desain *cross sectional*. Sampel yang digunakan merupakan total sampel berjumlah 44 siswi anemia di SMA N 1 Bantul dan SMK N 1 Sewon. Data yang digunakan adalah data sekunder dari lembar dokumentasi kesehatan siswa di sekolah. Analisis data menggunakan *Saphiro-Wilk test* dan *Paired Samples T test* Sig. (2-tailed) <0,05.

Hasil penelitian menunjukkan bahwa rata-rata kadar Hb siswi anemia sebelum mengikuti program SEPEKAN yaitu 10,68 gr/dL dengan nilai median 10,8 gr/dL. Rata-rata kadar Hb siswi anemia setelah mengikuti program SEPEKAN yaitu 11,7 gr/dL dengan nilai median 11,5 gr/dL. Terjadi peningkatan kadar Hb sebesar 1,02 gr/dL setelah mengikuti program SEPEKAN. Hasil *Paired Samples T test* didapatkan Sig. (2-tailed) <0,05 yaitu 0,000 yang berarti bahwa terdapat perbedaan yang bermakna secara statistik antara kadar Hb siswi anemia sebelum dan sesudah mengikuti program SEPEKAN.

Kata kunci: Anemia; Program SEPEKAN

ABSTRACT

Anemia prevalence among adolescents in Bantul Regency has reached 54.8%. Bantul Regency ranks the second highest prevalence of anemia in DIY. Therefore, the government of Bantul Regency has put an attempt to reduce the incidence of anemia suffered by adolescents through a school program which cares about anemia cases called *SEPEKAN* program. The program starts with screening stage by students who have been trained before. The screening includes anamnesa and physical examination. If some symptoms of anemia are found, the screening officer will refer the students to the health center for hemoglobin (HB) level examination. Students with HB levels <12 gr/dL were given 30 Fe tablets and re-examination with a minimum distance of one month.

The present study aims to find out the difference in HB levels of anemic students before and after participating *SEPEKAN* program. The research employs cross sectional design, involving total sample of 44 anemic female students in SMA N 1 Bantul and SMK N 1 Sewon. The data used were the secondary data from the students' health documentation sheet at school. The gained data were analyzed using Paired Samples T test Sig. (2-tailed) <0.05.

The results indicate that the average HB level of anemic students before participating in the program was 10.68 gr/dL with a median value of 10.8 gr/dL, while after participating the program the HB level reached 11.7 gr/dL with a median value of 11.5 gr/dL. In other words, the level increased by 1.02 gr/dL. The Paired Samples T test results obtained Sig. (2-tailed) <0.05 which is 0,000, meaning that there is a statistically significant difference between the anemic students' HB levels before and after participating in *SEPEKAN* program.

Key words: hemoglobin level; anemia; *SEPEKAN* program