

ABSTRAK

Masa remaja merupakan masa yang penting karena berakibat langsung pada perubahan psikologis dan fisik remaja. Pada usia remaja akan muncul banyak masalah yang dapat memberikan dampak negatif bagi kesehatan. Salah satu masalah kesehatan yang sering muncul di usia remaja adalah anemia defisiensi zat besi. Program Sekolah Peduli Kasus Anemia (SEPEKAN) merupakan salah satu upaya untuk menurunkan kejadian anemia di Kabupaten Bantul. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kejadian anemia pada siswi yang telah mengikuti program SEPEKAN di SMA N 1 Bantul.

Desain penelitian ini menggunakan rancangan *cross sectional*. Metode pengambilan sampel menggunakan *simple random sampling* dengan jumlah sampel 73 responden. Data penelitian menggunakan data primer dengan instrumen kuesioner. Analisis data yang digunakan adalah uji *Chi-Square* dan *Fisher's Exact*.

Responden terbanyak dengan tingkat pengetahuan anemia baik sebanyak 41 (56,2%) responden, responden terbanyak dengan status gizi normal sebanyak 65 (89%), dan responden terbanyak dengan pola menstruasi normal sebanyak 42 (57,5%) responden, dan responden terbanyak tidak mengalami anemia sebanyak 38 (52,1%) responden. Tingkat pengetahuan tentang anemia dan pola menstruasi berhubungan signifikan dengan kejadian anemia ($p\text{-value}=0,028$ dan $0,015 < \text{Level of significance} = 0,05$). Status gizi tidak berhubungan signifikan dengan kejadian anemia ($p\text{-value}=0,159$).

Kata kunci : Anemia, Pengetahuan, Status Gizi, Pola Menstruasi

ABSTRACT

Adolescence is an important period because it has a direct impact on the psychological and physical changes of adolescents. In adolescence, there will be many problems that can have a negative impact on health and one of which is related to nutrition. One of the health problems that often arise in adolescence is iron deficiency. Sekolah Peduli Kasus Anemia (SEPEKAN) is a program that has a purpose to decrease the incidence of anemia in Bantul Regency. The objective of the research is to determine the factors associated with the incidence of anemia in female students who have participated in the SEPEKAN program at SMA N 1 Bantul.

This research method used a cross sectional design. The sampling method used simple random sampling with certain criteria, where the sample size was 73 respondents and also used primary data with questionnaire for its instrument. The statistical analysis technique used is Chi-Square test and Fisher's Exact test.

Most respondents with good knowledge of anemia were 41 (56,2%) respondents, most respondents with normal nutritional status were 65 (89%) respondents, and most respondents with normal menstrual patterns were 42 (57,5%) respondents, and most respondents did not experience anemia as many as 38 (52,1%) respondents. The level of knowledge of anemia and menstrual pattern nutritional status were significantly associated with the incidence of anemia ($p\text{-value}=0,028$ and $0,015 < \text{Level of significancy} = 0,05$). The nutritional status was not significantly associated with the incidence of anemia in this study ($p\text{-value}=0,159$).

Keywords: Anemia, Knowledge, Nutritional Status, Menstrual Pattern