

Kejadian Anemia pada Remaja Putri berdasarkan Tingkat Pengetahuan tentang Anemia, Sikap, Perilaku dan Karakteristik Anak dalam Pencegahan Anemia (Studi di Pondok Pesantren Al Izzah Kecamatan Mranggen Kabupaten Demak).

Umroningsih¹, Rahayu Astuti², Wulandari Meikawati³
Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Semarang.

ABSTRAK

Latar Belakang: Data Survei Kesehatan Rumah Tangga (SKRT) tahun 2015 menunjukkan bahwa prevalensi anemia di Indonesia pada remaja putri masih tinggi, dimana usia 10-18 tahun sebesar 57,1% dan usia 19-24 tahun sebesar 39,5%. Tujuan penelitian yaitu menganalisis tentang kejadian anemia pada remaja putri berdasarkan tingkat pengetahuan tentang anemia, sikap, perilaku dan karakteristik anak dalam pencegahan anemia di pondok pesantren Al-Izzah di Kecamatan Mranggen Kabupaten Demak. **Metode:** Penelitian ini survey analitik dengan rancangan cross sectional. Jumlah sampel 52 remaja putri, variabel bebas Pengetahuan tentang anemia, Sikap dan Perilaku pencegahan anemia, Uji statistik menggunakan uji chi square. **Hasil:** Remaja putri sebagian besar mengalami anemia 46 orang (88,5%), pengetahuan sebagian besar cukup 32 orang (61,5%) , mayoritas baik dalam pencegahan anemia 51 orang (98,1%), Seluruh responden berperilaku baik dalam pencegahan anemia. Tidak ada hubungan pengetahuan dengan kejadian anemia remaja. Tidak ada hubungan sikap dengan kejadian anemia remaja. Tidak ada hubungan umur dengan kejadian anemia remaja. Ada hubungan pendidikan remaja putri dengan kejadian anemia remaja. **Kesimpulan:** Tidak ada hubungan kejadian anemia pengetahuan tentang anemia, sikap dan umur remaja putri dalam pencegahan anemia pada remaja putri. Ada hubungan pendidikan dengan kejadian anemia remaja putri di Pondok Pesantren Al-Izzah Kecamatan Mranggen Kabupaten Demak. **Kata Kunci:** Anemia, Remaja putri, Pengetahuan, Sikap, Perilaku, Umur, Pendidikan

ABSTRACT

Background: The data about the Household Health Survey (SKRT) in 2015 show that the prevalence of anemia in Indonesia on the female adolescent is still high, where the age of 10-18 years is 57.1% and the age of 19-24 years is 39.5%. The purpose of this study is to analyze the incidence of anemia on female adolescent based on the level of knowledge about anemia, attitudes, behavior, and the characteristics of children in preventing of anemia at Al-Izzah boarding school in Mranggen, Demak. **Method:** This was an analytical survey using cross sectional design. The number of samples was 52 female adolescent; the independent variable was knowledge about anemia, attitude, and behavior of preventing anemia. Then, the statistical test used chi square test. **Results:** The most of the female adolescents were anemic 46 people (88.5%), the most of the knowledge understanding was 32 people (61.5%), and the majority was good in preventing of anemia 51 people (98.1%). All the respondents were well behaved in the preventing of anemia. There was no relationship of knowledge with the incidence of female adolescent anemia. There was also no relationship of attitude with it. In addition, there was no age relationship with it. There was a relationship of female adolescent education with the incidence of female adolescent anemia. **Conclusion:** In conclusion, there is no relationship of anemia incidence of anemia knowledge, attitudes, and age of female adolescents in preventing of female adolescents anemia. There is an educational relationship with the incidence of anemia of female adolescents at Al-Izzah boarding school of Mranggen Demak. **Key words:** Anemia, Female Adolescents, Knowledge, Attitude, Behavior, Age, Education