

# THE CORRELATION BETWEEN MENSTRUAL CHARACTERISTICS AND ANEMIA PREVALENCE IN MIDWIFERY STUDENTS OF YOGYAKARTA

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**THE CORRELATION BETWEEN MENSTRUAL CHARACTERISTICS  
AND ANEMIA PREVALENCE IN MIDWIFERY STUDENTS OF  
YOGYAKARTA**

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**ABSTRACT**

**Background:** The SDG's set the nutritional improvements as the focus number two for all countries in the world. In Indonesia, anemia is still a problem for teenagers, especially women. Anemia in young women can increase the risk of bleeding during labor. Some factors that have the possibility of anemia incident are menstruation and nutritional status. This study aims to obtain relationship between menstrual characteristics and nutritional status with the prevalence of anemia in midwifery students at Midwifery Department Health Polytechnic Yogyakarta. **Methods:** This study used a cross sectional research design with interview method. There were 51 midwifery students selected from Midwifery Dormitory of Health Polytechnic of Yogyakarta. A set of questionnaires was employed to note the menstrual cycle, menstrual duration, blood loss during menstruation, and the mid-upper arm circumference. A digital hemoglobin measurement was used to define the anemia status. A Chi-Square test was used to define the correlation between the two observed parameters.

**Results:** The study shows there is no correlation between menstrual duration and anemia ( $p$  value = 0.487), menstrual cycle and anemia ( $p$  value = 0.651), blood loss during menstruation and anemia ( $p$  value = 0.273), and between the mid-upper arm circumference and anemia ( $p$  value = 0.611).

**Conclusion:** In this study, no correlation was found between the anemia prevalence and menstruation characteristics and the size of the mid-upper arm circumference.

**Keywords:** Anemia, Menstruation, Mid-upper arm circumference.

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PAGE 1

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PAGE 2

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