

FAKTOR-FAKTOR YANG MEMPENGARUHI KEJADIAN ANEMIA PADA REMAJA PUTRI DI DESA LANAUS PUSKESMAS MAUBESI

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ABSTRAK

Latar Belakang: Angka kejadian anemia di Indonesia terbilang masih cukup tinggi. Banyak faktor yang memengaruhi kejadian anemia. Faktor yang memengaruhi anemia pada remaja cukup beragam. Hal tersebut dipengaruhi oleh kebiasaan asupan gizi yang tidak optimal dan kurangnya aktifitas fisik.

Tujuan: Mengetahui faktor-faktor yang memengaruhi kejadian anemia pada remaja putri di Desa Lanaus Kecamatan Maubesi

Metode: Desain penelitian menggunakan *cross sectional*. semua remaja putri ada di Desa Lanaus Puskesmas Meubasi.¹ populasi pada penelitian ini sebanyak 171 remaja putri. Sampel diambil berdasarkan kriteria inklusi dan eksklusi sebanyak 63 orang. Instrumen yang digunakan adalah kuesioner. Analisis data dilakukan dengan analisis univariat dan *chi square*.

Hasil: Hasil penelitian menunjukkan bahwa ada hubungan faktor kepatuhan konsumsi tablet tambah darah dengan kejadian anemia ($p\text{ value}=0.002<0.05$), ada hubungan sosial ekonomi dengan kejadian anemia ($p\text{ value}=0.008$), tidak ada hubungan signifikan antara faktor IMT dengan kejadian anemia, dinyatakan dengan nilai $p\text{ value}$ sebesar 0,096, serta ada hubungan kebiasaan sarapan dengan kejadian anemia ($p\text{ value}=0.000$). Faktor yang paling dominan memengaruhi kejadian anemia adalah kebiasaan sarapan dengan nilai $p\text{ value}$ sebesar 0.000.

Kesimpulan: Faktor kepatuhan tablet tambah darah, sosial dan kebiasaan sarapan dengan kejadian anemia. Sedangkan faktor IMT tidak berhubungan dengan kejadian anemia

Kata Kunci: Anemia, hemoglobin, gizi remaja

FACTORS INFLUENCING THE INCIDENCE OF ANEMIA IN ADOLESCENT WOMEN IN LANAUS VILLAGE PUSKESMAS MAUBESI

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ABSTRACT

Background: The incidence of anemia in Indonesia is still quite high. Many factors influence the incidence of anemia. Factor Factors that affect anemia in adolescents are quite diverse. This is influenced by the habit of nutritional intake that is not optimal and lack of physical activity.

Objective: Knowing the factors that influence the incidence of anemia in young women in Lanaus Village, Maubesi District

Method: Research design using *cross sectional*. all young women are in Lanaus Village, Meubasi Health Center.¹ the population in this study were 171 young women. Samples were taken based on inclusion and exclusion criteria as many as 63 people. The instrument used is a questionnaire. Data analysis was performed by univariate analysis and *who squares*.

Results: The results showed that there was a relationship between the adherence factor in taking blood supplement tablets and the incidence of anemia (p value = 0.002 < 0.05), there is a socio-economic relationship with the incidence of anemia (p value = 0.008), there is no significant relationship between the BMI factor and the incidence of anemia, expressed by value p value 0.096, and there is a relationship between breakfast habits and the incidence of anemia (p value = 0.000). The most dominant factor affecting the incidence of anemia is the habit of breakfast with value p value of 0.000.

Conclusion: Factors of blood supplement adherence, social and breakfast habits with the incidence of anemia. While the BMI factor is not associated with the incidence of anemia

Keywords: Anemia, hemoglobin, adolescent nutrition