

FAKTOR USIA DAN PENDIDIKAN SERTA STATUS GIZI KAITANNYA DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI KAPANEWON MINGGIR

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ABSTRAK

Latar Belakang : Berdasarkan data profil Dinas Kesehatan DIY prevalensi kejadian anemia di DIY sebesar 19,3%. Prevalensi anemia yang terjadi di Kapanewon Minggir mencapai 14,17%. Karakteristik sosio demografi meliputi usia, pendidikan, dan status gizi mempunyai pengaruh terhadap kejadian anemia pada remaja putri.

Tujuan : Mengetahui faktor usia dan pendidikan serta status gizi kaitannya dengan kejadian anemia pada remaja putri di Kapanewon Minggir.

Metode : Penelitian ini merupakan jenis penelitian deskriptif, yaitu untuk mengetahui kajian usia, pendidikan, dan status gizi dengan kejadian anemia pada remaja putri dengan pemilihan desain penelitian *cross sectional*. Populasi studi penelitian ini adalah remaja putri di Kapanewon Minggir. Sampel remaja putri di 2 Desa di wilayah Kapanewon Minggir sebanyak 310 sampel.

Hasil : Hasil dari penelitian ini diketahui kejadian anemia pada remaja putri paling banyak terjadi pada remaja pada rentang usia 14-16 tahun sebanyak 13 responden, remaja dengan pendidikan kurang dari SMA/SMK/MA sebanyak 20 responden, dan remaja dengan status gizi kurang sebanyak 12 responden.

Kesimpulan : Ada kaitan antara faktor usia dan pendidikan serta status gizi dengan kejadian anemia pada remaja putri di Kapanewon Minggir.

Kata kunci : Usia, pendidikan, status gizi, anemia, remaja putri

AGE AND EDUCATION FACTORS AND NUTRITIONAL STATUS RELATED TO THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS IN KAPANEWON MINGGIR

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ABSTRACT

Background: Based on profile data from the Yogyakarta Health Office, the prevalence of anemia in Yogyakarta is 19.3%. The prevalence of anemia in Kapanewon Minggir reached 14.17%. Socio-demographic characteristics including age, education, and nutritional status have an influence on the incidence of anemia in adolescent girls.

Objective: To determine the factors of age and education as well as nutritional status related to the incidence of anemia in adolescent girls in Kapanewon Minggir.

Method: This study is a type of descriptive research, namely to determine the study of age, education, and nutritional status with the incidence of anemia in adolescent girls by selecting a *cross-sectional* research design. The population of this research study is adolescent girls in Kapanewon Minggir. Sample of adolescent girls in 2 villages in the Kapanewon Minggir area as many as 310 samples.

Results: The results of this study show that the incidence of anemia in adolescent girls is most common in adolescents in the age range of 14-16 years as many as 13 respondents, adolescents with less education than SMA/SMK/MA as many as 20 respondents, and adolescents with poor nutritional status as many as 12 respondents.

Conclusion: There is a relationship between age and education factors as well as nutritional status with the incidence of anemia in adolescent girls in Kapanewon Minggir.

Keywords: Age, education, nutritional status, anemia, adolescent girls