

DESCRIPTION OF CHILDREN'S TEEN KNOWLEDGE OF ANEMIA OF IRON DEFICIENCY IN GODEAN VOCATIONAL SCHOOL 2 SLEMAN YOGYAKARTA

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ABSTRACT

Background : Anemia is one of the main nutritional problems in addition to three other nutritional problems, namely lack of protein calories, vitamin A deficiency and endemic goiter. The problem of anemia in young women is due to lack of knowledge, attitudes and skills of adolescents due to lack of information delivery, lack of concern from parents, society and the government.

Method : The research method is quantitative descriptive. The study was conducted in 2019. The location of the study was at SMK N Godean Sleman Yogyakarta. The research subjects were 78 young women. The study was conducted with a questionnaire containing a closed statement regarding iron deficiency anemia. Data analysis uses frequency distribution.

Result : Knowledge of female adolescents showed that 69.2% were well-informed, 29.5% had sufficient knowledge, and 1.3% had insufficient knowledge. Knowledge of young women regarding the understanding, causes, effects, prevention and management of iron deficiency anemia in good categories. While the knowledge of young women regarding signs of symptoms of iron deficiency anemia is still in the less category as much as 48.7%.

Conclusion : Thus it can be concluded that the knowledge of young women about iron deficiency anemia is in the good category.

Key Words : knowledge, teenage girl, iron deficiency anemia

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GAMBARAN PENGETAHUAN REMAJA PUTRI KELAS X TENTANG ANEMIA DEFISIENSI BESI DI SMK N 2 GODEAN SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Anemia merupakan salah satu masalah gizi yang utama di samping tiga masalah gizi lainnya, yaitu kurang kalori protein, defisiensi vitamin A dan gondok endemik. Masalah anemia pada remaja putri disebabkan karena kurangnya pengetahuan, sikap dan keterampilan remaja akibat kurangnya penyampaian informasi, kurang kepedulian dari orang tua, masyarakat dan pemerintah.

Metode : Metode penelitian adalah deskriptif kuantitatif. Penelitian dilakukan pada tahun 2019. Lokasi penelitian di SMK N 2 Godean Sleman Yogyakarta. Subjek penelitian adalah remaja putri sejumlah 78 orang. Penelitian dilakukan dengan kuesioner berisi pernyataan tertutup mengenai anemia defisiensi besi. Analisis data menggunakan distribusi frekuensi.

Hasil : Pengetahuan remaja putri menunjukkan bahwa 69,2 % berpengetahuan baik, 29,5 % berpengetahuan cukup, dan 1,3 % berpengetahuan kurang. Pengetahuan remaja putri mengenai pengertian, penyebab, dampak, pencegahan dan penatalaksanaan anemia defisiensi besi dalam kategori baik. Sedangkan pengetahuan remaja putri mengenai tanda gejala anemia defisiensi besi masih dalam kategori kurang sebanyak 48,7 %.

Kesimpulan : Dengan demikian dapat disimpulkan bahwa pengetahuan remaja putri tentang anemia defisiensi besi mayoritas dalam kategori baik.

Kata Kunci : pengetahuan, remaja putri, anemia defisiensi besi

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