

**THE RELATIONSHIP BETWEEN ANEMIA AND LEARNING
ACHIEVEMENT OF GRADE VIII FEMALE ADOLESCENTS AT SMP N
12 YOGYAKARTA SPECIAL REGION**

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ABSTRACT

Background : Anemia is a nutritional problem that commonly occurs among adolescent girls and affects various aspects of life, including learning ability. Low hemoglobin levels reduce oxygen supply to the brain, thereby impairing cognitive functions such as concentration, memory, and information processing. This condition can lower students' academic performance. SMP Negeri 12 Yogyakarta was selected as the research location because it has a sufficient number of eighth-grade female students and is located in the city center, making it relevant to be analyzed in the context of adolescent health and education.

Objective : To determine the relationship between anemia and academic achievement of female adolescents in grade VIII at SMP N 12 Yogyakarta.

Methods : This type of research is quantitative with correlational analytical design using a cross-sectional approach. The sample consisted of 107 eighth grade female students, taken using total sampling technique. Data were obtained from documentation of hemoglobin levels and UAS scores. Analysis was performed using the Chi-Square test.

Results : Shows that 46.7% of female students have anemia and 66.4% have incomplete learning achievements. The results of statistical tests show a significant relationship between anemia and learning achievement ($p < 0.001$).

Conclusion : Anemia has been shown to have a significant relationship with decreased academic achievement in adolescent girls.

Keywords: Anemia, Academic Achievement, Adolescent Girls

HUBUNGAN ANEMIA DENGAN PRESTASI BELAJAR REMAJA PUTRI KELAS VIII DI SMP N 12 YOGYAKARTA DAERAH ISTIMEWA

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ABSTRAK

Latar Belakang : Anemia merupakan masalah gizi yang banyak terjadi pada remaja putri dan berdampak terhadap berbagai aspek, termasuk kemampuan belajar. Rendahnya kadar hemoglobin menyebabkan berkurangnya pasokan oksigen ke otak, sehingga mengganggu fungsi kognitif seperti konsentrasi, daya ingat, dan pemrosesan informasi. Hal ini dapat menurunkan prestasi belajar siswa. SMP Negeri 12 Yogyakarta dipilih sebagai lokasi penelitian karena memiliki jumlah siswi kelas VIII yang cukup representative dan terletak di Tengah kota, sehingga relevan untuk dianalisis dalam konteks kesehatan dan pendidikan remaja.

Tujuan : Mengetahui hubungan antara anemia dengan prestasi belajar remaja putri kelas VIII di SMP N 12 Yogyakarta.

Metode : Jenis penelitian ini adalah kuantitatif dengan desain analitik korelasional menggunakan pendekatan *cross-sectional*. Sampel berjumlah 107 siswi kelas VIII, diambil dengan teknik total sampling. Data diperoleh dari dokumentasi kadar hemoglobin dan nilai UAS. Analisis dilakukan dengan uji *Chi-Square*.

Hasil : Menunjukkan bahwa 46,7% siswi mengalami anemia dan 66,4% memiliki prestasi belajar tidak tuntas. Hasil uji statistik menunjukkan hubungan yang signifikan antara anemia dengan prestasi belajar ($p < 0,001$).

Kesimpulan : Anemia terbukti ada hubungan secara signifikan terhadap penurunan prestasi belajar remaja putri.

Kata Kunci: Anemia, Prestasi Belajar, Remaja Putri