

DESCRIPTION OF KNOWLEDGE ABOUT ANEMIA IN CLASS VIII ADOLESCENT WOMEN IN STATE JUNIOR HIGH SCHOOL 1 PANJATAN

Shandy Evrillia¹, Niken Meilani², Sumarah³

¹²³Departement of Midwifery Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143
email:evrilliashandy@gmail.com

ABSTRACT

Background: Anemia is a significant health problem among adolescent girls. In Kulon Progo Regency, the Schools Aware of Anemia Cases program has been implemented to reduce anemia rates through education and the distribution of iron supplements. A good understanding of anemia and access to appropriate information are crucial to the success of this program.

Objective: This study aims to identify respondent characteristics, information sources, knowledge levels, and experiences of hemoglobin testing among eighth-grade female students at Panjatan 1 State Junior High School.

Method: This research is a quantitative descriptive study. Data were collected from 91 respondents using an anemia knowledge questionnaire consisting of 26 items. Data analysis utilized frequency distribution and cross-tabulation.

Results: The results showed that the majority of respondents (65.9%) had undergone an hemoglobin test in the last 6 months. The primary sources of information regarding anemia were social media (64.8%) and health workers (23.1%). Generally, the majority of students had a "Good" level of knowledge (65.9%), while 31.9% were in the "Fair" category, and 2.2% were in the "Poor" category. However, there were still points that could not be answered well regarding the indicators of anemia causes (worm infestation and malaria) and iron sources (corn consumption). Cross-tabulation showed that female students who had undergone hemoglobin testing tended to have better knowledge (70%) than those who had not (58.1%).

Conclusion: The level of knowledge of female students at Panjatan 1 State Junior High School regarding anemia is considered good, but further education needs to focus on clearer indicators of anemia causes and prevention to eliminate any remaining errors.

Keywords: Knowledge, Anemia, Adolescent Girls

GAMBARAN TINGKAT PENGETAHUAN TENTANG ANEMIA PADA SISWI KELAS VIII DI SMPN 1 PANJATAN KULON PROGO

Shandy Evrillia¹, Niken Meilani², Sumarah³
¹²³Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143
email:evrilliashandy@gmail.com

ABSTRAK

Latar Belakang: Anemia merupakan masalah kesehatan yang cukup besar di kalangan remaja putri. Di Kabupaten Kulon Progo, program Sekolah Peduli Kasus Anemia telah diimplementasikan untuk menekan angka anemia melalui edukasi dan pemberian Tablet Tambah Darah. Pemahaman yang baik mengenai anemia dan akses informasi yang tepat sangat penting bagi keberhasilan program ini.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi karakteristik responden, sumber informasi, tingkat pengetahuan, dan pengalaman pemeriksaan hemoglobin (Hb) pada siswi kelas VIII di SMPN 1 Panjatan.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif. Pengambilan data dilakukan terhadap 91 responden siswi kelas VIII menggunakan kuesioner pengetahuan anemia yang terdiri dari 26 butir pernyataan. Analisis data menggunakan distribusi frekuensi dan tabulasi silang.

Hasil: Hasil penelitian menunjukkan mayoritas responden (65,9%) sudah pernah melakukan pemeriksaan Hb dalam 6 bulan terakhir. Sumber informasi utama mengenai anemia adalah media sosial (64,8%) dan petugas kesehatan (23,1%). Secara umum, mayoritas siswi memiliki tingkat pengetahuan kategori "Baik" (65,9%), kategori "Cukup" (31,9%), dan "Kurang" (2,2%). Namun, masih ditemukan poin pernyataan yang belum bisa dijawab dengan baik pada indikator penyebab anemia (penyakit cacingan dan malaria) serta sumber zat besi (konsumsi jagung). Tabulasi silang menunjukkan bahwa siswi yang pernah melakukan pemeriksaan hemoglobin cenderung memiliki pengetahuan yang lebih baik (70%) dibandingkan yang belum pernah (58,1%).

Kesimpulan: Tingkat pengetahuan siswi SMPN 1 Panjatan mengenai anemia tergolong baik, namun edukasi lebih lanjut perlu difokuskan pada indikator penyebab dan pencegahan anemia yang lebih jelas untuk menghilangkan kesalahan yang masih ada.

Kata Kunci: Pengetahuan, Anemia, Remaja Putri