

**GAMBARAN KADAR HEMOGLOBIN BERDASARKAN LAMA MEN-
STRUASI DAN STATUS GIZI PADA REMAJA
DI MTsN 3 KULON PROGO**

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ABSTRAK

Latar Belakang: Anemia pada remaja putri masih menjadi masalah kesehatan masyarakat yang cukup tinggi di Indonesia. Data Survei Kesehatan Indonesia (SKI) 2023 menunjukkan prevalensi anemia pada remaja putri sebesar 18%, sedangkan di DIY mencapai 23,07%. Di Kabupaten Kulon Progo prevalensi anemia lebih tinggi yaitu sebesar 41,61%, dan wilayah dengan kejadian anemia tertinggi berada di wilayah kerja Puskesmas Nanggulan yaitu sebesar 64%. Lama menstruasi dan status gizi merupakan faktor yang dapat mempengaruhi kejadian anemia karena berkaitan dengan kehilangan darah dan kecukupan zat besi dalam tubuh.

Tujuan: Mengetahui gambaran kadar hemoglobin berdasarkan lama menstruasi dan status gizi pada remaja putri kelas VIII di MTsN 3 Kulon Progo.

Metode: Penelitian ini menggunakan metode kuantitatif deskriptif dengan pendekatan *cross sectional*. Subjek penelitian sebanyak 43 remaja putri kelas VIII yang telah mengalami menstruasi. Data lama menstruasi diperoleh melalui kuesioner, status gizi diukur menggunakan IMT/U, dan kadar hemoglobin diperiksa menggunakan alat Easy Touch GCHB. Analisis data dilakukan secara deskriptif menggunakan distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar subjek memiliki lama menstruasi ≤ 7 hari sebanyak 27 subjek (62,8%) dan status gizi baik sebanyak 38 subjek (88,4%). Hasil pemeriksaan hemoglobin menunjukkan seluruh subjek tidak mengalami anemia dengan kadar Hb ≥ 12 g/dL sdengan rata-rata kadar Hb 13,6 g/dL. Maka berdasarkan setiap kategori juga tidak mengalami anemia.

Kesimpulan: Kesimpulan penelitian ini menunjukkan bahwa seluruh remaja putri kelas VIII di MTsN 3 Kulon Progo tidak mengalami anemia. Sebagian besar subjek memiliki lama menstruasi normal dan status gizi baik yang mendukung kadar hemoglobin tetap normal.

Kata kunci: Kadar hemoglobin, lama menstruasi, status gizi, remaja putri.

**DESCRIPTION OF HEMOGLOBIN LEVELS BASED ON MENSTRUAL
DURATION AND NUTRITIONAL STATUS AMONG ADOLESCENT GIRLS
AT MTsN 3 KULON PROGO**

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ABSTRACT

Background: Anemia among adolescent girls remains a significant public health problem in Indonesia. Data from the 2023 Indonesian Health Survey (SKI) showed that the prevalence of anemia among adolescent girls was 18%, while in the Special Region of Yogyakarta it reached 23.07%. In Kulon Progo Regency, the prevalence was higher at 41.61%, and the highest incidence of anemia was found in the working area of Nanggulan Community Health Center, reaching 64%. Menstrual duration and nutritional status are factors that may influence the occurrence of anemia because they are related to blood loss and iron intake in the body. **Objective:** To determine the description of anemia incidence based on menstrual duration and nutritional status among eighth-grade adolescent girls at MTsN 3 Kulon Progo.

Methods: This study used a descriptive quantitative method with a cross-sectional approach. The subjects were 43 eighth-grade adolescent girls who had experienced menstruation. Data on menstrual duration were collected using questionnaires, nutritional status was measured using BMI-for-age (BMI/A), and hemoglobin levels were examined using the Easy Touch GCHB device. Data were analyzed descriptively using frequency distribution.

Results: The results showed that most subjects had a normal menstrual duration (≤ 7 days), accounting for 27 subjects (62.8%), and a good nutritional status, accounting for 38 subjects (88.4%). The mean hemoglobin level was 13.6 g/dL, with a minimum value of 12.0 g/dL and a maximum value of 15.9 g/dL. All subjects had hemoglobin levels ≥ 12 g/dL.

Conclusion: The study showed that the hemoglobin levels of eighth-grade adolescent girls at MTsN 3 Kulon Progo were within the normal range, with a mean value of 13.6 g/dL. Most subjects had a normal menstrual duration and good nutritional status.

Keywords: hemoglobin levels, menstrual duration, nutritional status, adolescent girls