

## ABSTRAK

### **FAKTOR-FAKTOR YANG MEMENGARUHI KEJADIAN ANEMIA PADA SISWI SMP DI WILAYAH KERJA UPT PUSKESMAS SIMPUR KOTA BANDAR LAMPUNG**

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Anemia adalah suatu keadaan dimana kadar hemoglobin (Hb) dan eritrosit lebih rendah dari normal. Kebutuhan zat besi remaja putri merupakan bekal calon ibu di masa depan, yang dapat beresiko tinggi pada bayi maupun ibu. Tujuan penelitian ini adalah menganalisis faktor-faktor yang memengaruhi kejadian anemia pada siswi SMP. Penelitian ini termasuk penelitian analitik observasional dengan desain *cross sectional*. Sampel penelitian sebanyak 158 siswi SMP yang tersebar di 3 SMP/ sederajat wilayah kerja UPT Puskesmas Simpung Kota Bandar Lampung, yaitu SMP Fransiskus, MTS Al-Khairiyah, dan SMP Swadaya, dengan menggunakan teknik *proportional random sampling*. Penelitian ini telah dilakukan pada bulan April - Juni 2024. Pengumpulan data menggunakan lembar kuesioner. Analisis data dilakukan secara univariat secara deskriptif, bivariat dengan uji *chi-square* dan multivariat dengan regresi logistik. Hasil penelitian diketahui bahwa dari 158 responden maka 63 responden (39,9%) mengalami anemia. Terdapat faktor yang berhubungan dengan kejadian anemia pada siswi SMP yaitu asupan zat besi ( $p < 0,001$ ), asupan protein ( $p = 0,002$ ), lama menstruasi ( $p = 0,019$ ), kepatuhan konsumsi TTD ( $p < 0.001$ ), dan pengetahuan gizi ( $p < 0.001$ ). Faktor dominan adalah kepatuhan konsumsi TTD. Puskesmas membentuk konselor sebaya bebas anemia yang berasal dari siswi SMP agar dapat memotivasi teman-temannya untuk patuh konsumsi TTD. Selain itu, usaha lainnya yaitu Puskesmas bersama pihak sekolah dapat mengupayakan pengadaan kartu kontrol konsumsi TTD. Hal ini merupakan pengembangan program pencegahan dan penanggulangan anemia sehingga remaja terhindar dari anemia.

Kata kunci: Anemia, remaja, siswi, SMP

## ABSTRACT

### FACTORS AFFECTING THE INCIDENCE OF ANEMIA IN JUNIOR HIGH SCHOOL STUDENTS IN THE WORKING AREA OF SIMPUR COMMUNITY HEALTH CENTER IN BANDAR LAMPUNG CITY

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Anemia is a condition where hemoglobin (Hb) and erythrocyte levels are lower than normal. Adolescent girls's iron needs are a provision for future mothers, which can pose a high risk to both baby and mother. The purpose of this research is to analyze the factors that influence the incidence of anemia in junior high school students. This research is an observational analytical study with a *cross sectional* design. The research sample consisted of 158 junior high school students spread across 3 junior high schools/equivalent in the working area of the Simpura Health Center, Bandar Lampung City, namely Fransiskus Junior High School, Al-Khairiyah MTS, and Swadaya Junior High School, using the *proportional random sampling* technique. This research was conducted in junior high school from April until June 2024. Data collection using questionnaire sheets. Data analysis was conducted univariately descriptively, bivariate with *chi-square* test and multivariate with logistic regression. The results of the study showed that out of 158 respondents, 63 respondents (39.9%) had anemia. There were factors associated with the incidence of anemia in junior high school students, namely iron intake ( $p < 0.001$ ), protein intake ( $p = 0.002$ ), length of menstruation ( $p = 0.019$ ), Iron tablet supplementation consumption compliance ( $p < 0.001$ ), and nutritional knowledge ( $p < 0.001$ ) The dominant factor in the incidence of anemia is iron tablet supplementation consumption compliance ( $p < 0.001$  and O R 69,058). Community Health Center formed anemia-free peer counselor from junior high school students, so that they could their friends to motivate iron tablet supplementation consumption. Besides, Community Health Center together with the school can try to provide iron tablet supplementation consumption control cards. This is the development of an anemia prevention and control program, so that teenagers can avoid anemia.

Keywords: Anemia, teenagers, students, junior high school