

ABSTRAK

Anemia merupakan keadaan ketika tubuh seseorang tidak menghasilkan cukup sel darah merah untuk membawa oksigen ke seluruh jaringan tubuh. Remaja putri sangat rentan terhadap anemia, karena kebutuhan zat besi yang tinggi untuk menjaga perkembangan tubuh yang sehat selama masa pubertas. Maka dari itu masih banyak santriwati di Pondok Pesantren yang dapat diidentifikasi mengalami gejala anemia karena pada saat survei awal masih banyak santriwati yang memiliki gejala seperti anemia. Penelitian ini bertujuan untuk menganalisis anemia dengan pemeriksaan hemoglobin dan indeks eritrosit pada anak remaja santriwati di Pondok Pesantren Miftahul Qulub Pamekasan. Jenis penelitian ini adalah deskriptif dengan analisa kuantitatif. Pengambilan sampel penelitian diambil secara *purposive sampling* sebanyak 31 santriwati di Pondok Pesantren Miftahul Qulub Pamekasan dan dilakukan pemeriksaan kadar hemoglobin dan indeks eritrosit menggunakan alat *hematology analyzer* di Puskesmas Galis Pamekasan pada bulan Maret 2023. Hasil penelitian yang telah dilakukan menunjukkan sebanyak 11 responden (35%) menderita anemia hipokromik mikrositer dan sebanyak 6 responden (19%) mengalami anemia normositik normokromik.

Kata kunci: Anemia, kadar hemoglobin, indeks eritrosit.

ABSTRACT

Anemia is a condition when a person's body does not produce enough red blood cells to carry oxygen to all body tissues. Adolescent girls are particularly vulnerable to anemia, due to the high need for iron to maintain healthy body development during puberty. Therefore, there are still many female students at Islamic boarding schools who can be identified as having symptoms of anemia because at the time of the initial survey there were still many female students who had symptoms such as anemia. This study aims to analyze anemia by examination of hemoglobin and erythrocyte index in young female students at the Miftahul Qulub Pamekasan Islamic Boarding School. This type of research is descriptive with quantitative analysis. The research sample was taken by purposive sampling of 31 female students at the Miftahul Qulub Pamekasan Islamic Boarding School and examination of hemoglobin levels and erythrocyte index using a hematology analyzer tool at the Galis Pamekasan Health Center in March 2023. The results of the research that had been carried out showed that there were 11 respondents (35%) suffered from microcytic hypochromic anemia and as many as 6 respondents (19%) had normochromic normocytic anemia.

Keywords: Anemia, hemoglobin level, erythrocyte index.