

ABSTRAK

PERILAKU MAKAN REMAJA PUTRI DAN KEJADIAN ANEMIA DI MTS HIDAYATUSH SHIBYAN CENDORO KEC.PALANG

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Pada remaja putri dan Wanita usia subur dikatakan anemia jika kadar hemoglobin <12 gram/dL. Program pemerintah Kesehatan dengan pemberian TTD akan tetapi masih ditemukan anemia di puskesmas sumurgung dikarenakan kurangnya kebutuhan zat besi. Faktor penyebabnya dikarenakan tingginya kebutuhan zat gizi termasuk zat besi pada masa pertumbuhan, banyaknya kehilangan darah saat siklus menstruasi, remaja putri melakukan diet ketat, mengonsumsi makanan nabati sehingga kebutuhan zat besi tidak terpenuhi dan asupan gizinya tidak seimbang. Tujuan penelitiannya untuk mengetahui gambaran perilaku makan remaja putri dan kejadian anemia Di MTS Hidayatush Shibyan Cendoro Kec. Palang

Desain penelitian deskriptif dengan pendekatan waktu *cross sectional*, Populasinya seluruh siswi kelas 7 Di MTS Hidayatush Shibyan Cendoro yang berjumlah 71 Siswi, sampel sebesar 71 siswi, Tehnik sampling yang digunakan total sampling. Variabel penelitian yaitu Perilaku Makan Remaja Putri Dan Kejadian Anemia, instrument penelitian menggunakan kuesioner. Data dianalisa secara deskriptif ditampilkan dalam bentuk tabel distribusi frekwensi.

Hasil Penelitian hampir setengahnya (39%) remaja putri memiliki perilaku makan kurang, sebagian besar (50.7%) remaja putri anemia, seluruhnya perilaku makan remaja putri yang baik tidak beresiko anemia (100%) dan hampir seluruhnya perilaku makan remaja putri yang kurang beresiko anemia (85,7%).

Perilaku makan dapat mempengaruhi keadaan gizi, karena kuantitas dan kualitas makanan yang dikonsumsi akan mempengaruhi asupan gizi yang akan mempengaruhi kesehatan individu dan masyarakat Anemia yang terjadi pada remaja putri sebagian besar disebabkan oleh kurangnya zat besi akibat pola makan yang kurang baik, di perlukan adanya dukungan baik dari keluarga, lingkungan sekitar, diri sendiri agar kebutuhan gizi dan perilaku makan pada remaja putri sesuai kebutuhannya.

Kata Kunci: Perilaku Makan, Remaja Putri, Kejadian Anemia

ABSTRACT

EATING BEHAVIOR OF ADOLESCENT GIRLS AND THE INCIDENCE OF ANEMIA IN MTS HIDAYATUSH SHIBYAN CENDORO KEC. CROSSED

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Adolescent girls and women of childbearing age are said to be anemic if the hemoglobin level is <12 grams/dL. The government's health program provides TTD, but anemia is still found in the Sulawesi Health Center due to a lack of iron requirements. The causative factors are the high need for nutrients including iron during the growth period, a lot of blood loss during the menstrual cycle, young women going on strict diets, consuming plant foods so that their iron needs are not met and their nutritional intake is unbalanced. The aim of the research was to determine the description of eating behavior of adolescent girls and the incidence of anemia at MTS Hidayatush Shibyan Cendoro District. Cross

Descriptive research design with a cross sectional time approach. The population was all 7th grade female students at MTS Hidayatush Shibyan Cendoro, totaling 71 female students. The sample was 71 female students. The sampling technique used was total sampling. The research variables are the eating behavior of young women and the incidence of anemia. The research instrument uses a questionnaire. Data analyzed descriptively is displayed in the form of a frequency distribution table.

Research results: Nearly half (39%) of adolescent girls have poor eating behavior, the majority (50.7%) of adolescent girls are anemic, all of the adolescent girls' eating behavior is good and there is no risk of anemia (100%) and almost all of the adolescent girls' eating behavior is less at risk of anemia. (85.7%).

Eating behavior can influence nutritional conditions, because the quantity and quality of food consumed will influence nutritional intake which will affect the health of individuals and society. Anemia that occurs in young women is mostly caused by a lack of iron due to poor diet. Good support is needed. from the family, the surrounding environment, and oneself so that the nutritional needs and eating behavior of young women meet their needs.

Keywords: Eating Behavior, Adolescent Girls, Incidence of Anemia