

ABSTRAK

Latar Belakang: Anemia merupakan kondisi konsentrasi hemoglobin atau jumlah sel darah merah dibawah normal. Kadar hemoglobin pada remaja putri normalnya adalah 12 mg%. Bersumber dari data Kemenkes RI, persentase anemia pada remaja putri masih tinggi yaitu sebesar 32% yang artinya 3-4 dari 10 remaja mengalami anemia. Sedangkan di Jawa Timur berdasarkan data (Dinkes Provinsi Jawa Timur, 2020) 42% remaja putri di Jawa Timur mengalami anemia. Tujuan dari penelitian ini adalah untuk menganalisis hubungan perilaku remaja dengan anemia pada remaja putri.

Metode: Jenis penelitian ini adalah analitik observasional yang menggunakan desain *cross sectional*. Populasi dalam penelitian ini siswa perempuan kelas X di SMAN 2 Malang. Pengambilan sampel dengan teknik *Purposive sampling* dengan jumlah sampel 125 responden. Variabel independen dalam penelitian ini adalah anemia sedangkan variabel dependen adalah perilaku remaja. Instrumen pengumpulan data adalah kuesioner dan alat *Haemometer quick test*. Analisis data menggunakan uji *Spearman Rho*.

Hasil: Pengetahuan remaja putri hampir seluruh (96,1%) pengetahuan baik, sikap remaja putri sebagian besar (53,9%) sikap positif, tindakan remaja putri hampir seluruh (79,7%) tindakan cukup. Hasil uji analisis hubungan pengetahuan dengan anemia didapatkan *p value* = 0,030, hasil uji analisis hubungan sikap dengan anemia didapatkan *p value* hubungan antara sikap dengan anemia pada remaja putri didapatkan *p value* = 0,783, hasil uji analisis hubungan tindakan dengan anemia didapatkan *p value* = 0,511.

Simpulan: Simpulan dari penelitian ini bahwa ada hubungan antara pengetahuan dengan anemia dan tidak ada hubungan sikap dan tindakan dengan anemia. Diharapkan dengan penelitian ini bisa menjadi pencegahan tingkat sekolah dengan cara meningkatkan pengetahuan pada remaja putri.

Kata Kunci: *Anemia, Remaja, Pengetahuan, Sikap, Tindakan.*

ABSTRACT

Introduction: Anemia is a condition where the concentration of hemoglobin or the number of red blood cells is below normal. The normal hemoglobin level in adolescent girls is 12 mg%. Based on data from the Ministry of Health of the Republic of Indonesia, the percentage of anemia in adolescent girls is still high at 32%, which means that 3-4 out of 10 adolescents are anemic. Meanwhile, in East Java, based on data (East Java Provincial Health Office, 2020) 42% of young women in East Java are anemic. The purpose of this study was to analyze the relationship between adolescent behavior and anemia in adolescent girls.

Method: This type of research is observational analytic using a cross sectional design. The population in this research were female students of class X at SMAN 2 Malang. Sampling with purposive sampling technique with a sample of 125 respondents. The independent variable in this research is anemia, while the dependent variable is adolescent behavior. The data collection instruments were a questionnaire and a quick test Haemometer. analysis using Spearman Rho test.

Result: Almost all of the knowledge of young women (96.1%) have good knowledge, most of the attitudes of young women (53.9%) have positive attitudes, almost all of the actions of young women (79.7%) are sufficient. The results of the analysis of the relationship between knowledge and anemia obtained p value = 0.030, the results of the analysis of the relationship between attitudes and anemia showed that the p value of the relationship between attitudes and anemia in adolescent girls was obtained p value = 0.783, the results of the analysis of the relationship between action and anemia obtained p value = 0.511.

Conclusion: The conclusion of this research is that there is a relationship between knowledge and anemia and there is no relationship between attitudes and actions with anemia. It is hoped that this research can be a school-level prevention by increasing knowledge in young women.

Keywords: Anemia, Adolescent, Knowledge, Attitude, Action.