

ABSTRACT

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Program Thesis, March 2025
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Overview of Female Adolescents' Knowledge About Anemia at SMA Negeri 02 Tanjung Palas Timur in 2025

Background: Anemia is a condition in which the hemoglobin (Hb) level in the blood falls below the normal threshold based on age and gender, as defined by the World Health Organization (WHO). According to data from Puskesmas Tanah Kuning in 2025, out of 50 female students at SMA Negeri 2 Tanjung Palas Timur, 23 were diagnosed with mild anemia and 13 with moderate anemia, with no cases of severe anemia reported.

Research Objective: To describe the level of knowledge about anemia among female adolescents within the working area of Puskesmas Tanah Kuning.

Research Method: This study employed a quantitative approach with a cross-sectional design. The sampling technique used was total sampling, involving all 50 female students at SMA Negeri 2 Tanjung Palas Timur.

Research Findings : The majority of respondents had a moderate level of knowledge about anemia, with 20 students (40%) falling into this category. Meanwhile, 14 students (28%) demonstrated low knowledge, and 16 students (32%) showed a high level of understanding.

Recommendation: There remains a need to strengthen health education efforts to improve the effectiveness of anemia prevention among adolescents.

Keywords: Anemia, Female adolescents, Health knowledge, Purposive sampling, Puskesmas Tanah Kuning

ABSTRAK

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Gambaran Pengetahuan Remaja Putri Tentang Anemia di SMA Negeri 02 Tanjung Palas Timur Tahun 2025

Latar Belakang: Anemia merupakan kondisi di mana kadar hemoglobin (Hb) dalam darah berada di bawah ambang batas normal sesuai usia dan jenis kelamin, sebagaimana didefinisikan oleh WHO. Berdasarkan data Puskesmas Tanah Kuning tahun 2025, dari 50 remaja putri di SMA Negeri 2 Tanjung Palas Timur, sebanyak 23 siswi mengalami anemia ringan dan 13 siswi mengalami anemia sedang, tanpa kasus anemia berat.

Tujuan penelitian untuk mengetahui gambaran pengetahuan remaja putri tentang anemia di wilayah kerja Puskesmas Tanah Kuning.

Metode penelitian: Penelitian kuantitatif dengan desain cross sectional. Teknik sampling menggunakan total sampling dengan jumlah sampel sebanyak 50 remaja putri di SMA N 2 Tanjung Palas.

Hasil Penelitian: Sebagian besar pengetahuan tentang anemia pada remaja putri pada kategori cukup yaitu 20 (40%), 14 (28%) remaja putri memiliki pengetahuan kurang, dan 16 (32%) berpengetahuan baik.

Saran: masih diperlukan penguatan edukasi kesehatan untuk pencegahan yang lebih efektif.

Kata kunci: Anemia, Remaja putri, Pengetahuan kesehatan, Purposive sampling, Puskesmas Tanah Kuning