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Hubungan Pengetahuan Remaja Tentang Anemia Dengan Kejadian Anemia Pada Siswi Sma N 1 Getasan Kabupaten Semarang

ABSTRAK

Latar Belakang : Anemia merupakan suatu kondisi dimana kadar hemoglobin (Hb) dalam darah lebih rendah dari normal umumnya berbeda pada pria dan wanita. Di Indonesia tercatat sebesar 32% pada usia 15-24 tahun, prevalensi remaja putri anemia sebesar 37,1%, mengalami peningkatan menjadi 48,9% Hasil pemeriksaan screening anemia di Sekolah Wilayah UPTD Puskesmas Getasan Tahun 2025, terdapat 113 (16,2%)siswa anemia ringan, 162 (23,3%) siswa anemia sedang, dan terdapat 15 (2,1%) siswa dengan anemia berat Beberapa faktor yang mempengaruhi kejadian anemia pada remaja putri yaitu kurangnya pengetahuan remaja tentang anemia, dukungan teman sebaya dan status gizi remaja.

Tujuan penelitian: Untuk mengetahui Hubungan Pengetahuan Remaja Tentang Anemia Dengan Kejadian Anemia Pada Siswi Sma N 1 Getasan Kabupaten Semarang Tahun 2025

Metode Penelitian : Penelitian ini menggunakan metode analitik korelasional deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah siswi kelas X di SMA N 1 Getasan Kabupaten Semarang yang berjumlah 40 responden. Sampel penelitian diambil secara *total sampling* sehingga didapatkan jumlah sampel sebanyak 40 siswi kelas X di SMA N 1 Getasan. Analisis data menggunakan analisis *Chi square*.

Hasil Penelitian : Didapatkan hasil sebagian besar responden memiliki kriteria pengetahuan kurang tentang anemia sebanyak 21 (52,5%) responden. Sebagian besar responden mengalami anemia yaitu sebanyak 26 (65,0%) responden. Hasil penelitian didapatkan bahwa hasil uji chi square nilai $p\text{-value} = 0,000 < 0,05$, artinya H_0 ditolak karena nilai $p\text{ value} = 0,000 < \alpha = 0,05$ maka ada hubungan antara pengetahuan tentang anemia dengan kejadian anemia pada siswi SMA N 1 Getasan tahun 2025.

Kesimpulan: ada hubungan antara pengetahuan tentang anemia dengan kejadian anemia pada siswi SMA N 1 Getasan tahun 2025.

Kata kunci : Remaja, Pengetahuan, Anemia.

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**The Relationship Between Adolescent Knowledge About Anemia and the
Incidence of Anemia in Female Students at Getasan 1 High School,
Semarang Regency**

ABSTRACT

Background: Anemia is a condition in which the hemoglobin (Hb) level in the blood is lower than normal, and this varies between men and women. In Indonesia, the prevalence of anemia is recorded at 32% among 15-24-year-olds. The prevalence of anemia in adolescent girls is 37.1%, increasing to 48.9%. Anemia screening results at schools in the Getasan Community Health Center (UPTD) area in 2025 showed that 113 (16.2%) students had mild anemia, 162 (23.3%) students had moderate anemia, and 15 (2.1%) students had severe anemia. Several factors influencing the incidence of anemia in adolescent girls include lack of knowledge about anemia, peer support, and nutritional status.

Research Objective: To determine the relationship between adolescent knowledge about anemia and the incidence of anemia among female students at Sma N 1 Getasan, Semarang Regency, in 2025.

Research Method: This study used a quantitative descriptive correlational analytical method with a cross-sectional approach. The population in this study were 40 10th-grade female students at Sma N 1 Getasan, Semarang Regency. The study sample was taken using total sampling, resulting in a sample size of 40 10th-grade female students at SMA N 1 Getasan. Data analysis used Chi-square analysis.

Research Results: The majority of respondents had insufficient knowledge about anemia, with 21 (52.5%) respondents. Most respondents, 26 (65.0%) respondents, experienced anemia. The results of the chi-square test showed a p-value of $0.000 < 0.05$, meaning H_0 was rejected because the p-value was $0.000 < \alpha = 0.05$. Therefore, there is a relationship between knowledge about anemia and the incidence of anemia among female students at SMA N 1 Getasan in 2025.

Conclusion: There is a relationship between knowledge about anemia and the incidence of anemia among female students at SMA N 1 Getasan in 2025.