ABSTRACT

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THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND THE INCIDENCE OF ANEMIA AMONG FEMALE ADOLESCENTS AT SMA N 1 TANA TIDUNG

Background: *Anemia among female adolescents remains a significant public health problem and may lead to decreased learning concentration, impaired growth, and reduced immune function. One of the factors associated with anemia is nutritional status. The World Health Organization (WHO) reported in 2024 that approximately 191 million female adolescents worldwide suffer from anemia. In Indonesia, the prevalence of anemia among individuals aged 15–24 years reached 15.5%. A preliminary survey conducted at SMA N 1 Tana Tidung revealed that 40% of female adolescents were anemic. This study aimed to determine the relationship between nutritional status and the incidence of anemia among female adolescents at SMA N 1 Tana Tidung.*
Methods: *This study employed an analytical correlational design with a cross-sectional approach. The study population consisted of 108 female adolescents, with a sample of 52 respondents selected using simple random sampling. Data were collected through Body Mass Index-for-Age (BMI-for-Age) measurements and hemoglobin level examinations. Data were analyzed using the Chi-square test.*
Results: *The majority of respondents had a normal nutritional status (76.9%) and were not anemic (65.4%). The Chi-square test demonstrated a statistically significant association between nutritional status and the incidence of anemia ($p = 0.049$). The Odds Ratio (OR) of 3.691 indicates that adolescent girls with abnormal nutritional status were 3.691 times more likely to develop anemia than those with normal nutritional status.*
Conclusion: *There was a significant relationship between nutritional status and the incidence of anemia among female adolescents at SMA N 1 Tana Tidung.*

Keywords: *nutritional status, anemia, female adolescents.*

ABSTRAK

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HUBUNGAN STATUS GIZI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMA N 1 TANA TIDUNG

Latar Belakang: Anemia pada remaja putri masih menjadi masalah kesehatan yang cukup tinggi dan dapat berdampak pada penurunan konsentrasi belajar, gangguan pertumbuhan, serta menurunnya daya tahan tubuh. Salah satu faktor yang berhubungan dengan kejadian anemia adalah status gizi. World Health Organization (WHO) tahun 2024 melaporkan sekitar 191 juta remaja putri di dunia mengalami anemia. Di Indonesia, prevalensi anemia pada usia 15–24 tahun mencapai 15,5%. Hasil survei pendahuluan di SMA N 1 Tana Tidung menunjukkan 40% remaja putri mengalami anemia. Penelitian ini bertujuan mengetahui hubungan status gizi dengan kejadian anemia pada remaja putri di SMA N 1 Tana Tidung.
Metode: Penelitian ini menggunakan desain analitik korelasi dengan pendekatan cross-sectional. Populasi penelitian berjumlah 108 remaja putri dengan sampel sebanyak 52 responden yang dipilih menggunakan teknik simple random sampling. Data dikumpulkan melalui pengukuran IMT/U dan pemeriksaan kadar hemoglobin. Analisis data dilakukan menggunakan uji chi-square.
Hasil: Sebagian besar responden memiliki status gizi normal (76,9%) dan tidak mengalami anemia (65,4%). Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara status gizi dengan kejadian anemia (p=0,049). Nilai Odds Ratio (OR) sebesar 3,691 menunjukkan bahwa remaja putri dengan status gizi tidak normal memiliki risiko 3,691 kali lebih besar mengalami anemia dibandingkan remaja putri dengan status gizi normal.
Simpulan: Terdapat hubungan yang signifikan antara status gizi dengan kejadian anemia pada remaja putri di SMA N 1 Tana Tidung.

Kata Kunci: status gizi, anemia, remaja putri.