

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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FAKULTAS ILMU KESEHATAN

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Ifrohatul Kamiliyah

Hubungan Status Gizi Dan Status Menstruasi Dengan Kejadian Anemia Pada Remaja Putri Di Pondok Pesantren Mahfilud Duror II Desa Suger Kidul Kecamatan Jelbuk Kabupaten Jember
xx + 67 Halaman + 16 Tabel + 1 Gambar + 10 Lampiran

Abstrak

Anemia dapat disebabkan oleh beberapa faktor antara lain status gizi, dan lamanya siklus menstruasi. Status gizi remaja dipengaruhi oleh body image sehingga melakukan diet ketat. Kehilangan darah tiap bulan (menstruasi) juga berdampak pada anemia. Tujuan penelitian ini adalah untuk mengetahui hubungan status gizi, dan status menstruasi dengan kejadian anemia pada remaja putri di Pondok Pesantren Mahfilud Duror II Desa Suger Kidul Kecamatan Jelbuk Kabupaten Jember. Desain penelitian ini menggunakan metode korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah 104 remaja putri di Pondok Pesantren Mahfilud Duror II. Sampel penelitian ini sejumlah 82 remaja putri. Teknik sampling yang digunakan adalah *nonprobability* sampling dengan cara *purposive* sampling. Instrument pada penelitian ini berupa timbangan badan, alat ukur tinggi badan, kuesioner, dan *easy touch gchb*. Dari penelitian didapatkan bahwa status gizi normal (64.6%), status menstruasi normal (53.7%), status anemia, tidak anemia (51.2%). Hasil uji statistic *Spearman's Rho* dengan ($\alpha = 0,05$) di dapatkan hasil *p value* 0,139 sehingga H1 ditolak sehingga H0 diterima yang berarti tidak terdapat hubungan antara status gizi dengan kejadian anemia. Hasil uji statistic *Spearman's Rho* yang ke 2 dengan ($\alpha = 0,05$) di dapatkan hasil *p value* <0,001 sehingga H2 diterima yang berarti terdapat hubungan antara status menstruasi dengan kejadian anemia di Pondok Pesantren Mahfilud Duror II Desa Suger Kidul Kecamatan Jelbuk Kabupaten Jember dengan kekuatan hubungan kuat ($r = 0,610$). Angka koefisien diatas bernilai positif, sehingga semakin baik status menstruasi maka anemia semakin rendah.

Kata kunci: Status Gizi, Status Menstruasi, Kejadian Anemia Pada Remaja Putri

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Ifrohatul Kamiliyah

The Relationship between Nutritional Status and Menstrual Status with the Incidence of Anemia in Adolescent Girls at the Mahfilud Duror II Islamic Boarding School, Suger Kidul Village Jelbuk District, Jember Regency
xx + 67 Pages + 16 Tables + 1 Figure + 10 Attachments

Abstract

Anemia can be caused by several factors, including nutritional status and the length of the menstrual cycle. Adolescent nutritional status is influenced by body image. so go on a strict diet. Blood loss every month (menstruation) too. impact on anemia. The aim of this study was to determine the relationship between nutritional status and menstrual status with the incidence of anemia in young women in. Mahfilud Islamic Boarding School. Duror II, Suger Kidul Village, Jelbuk District, Jember Regency, This research design uses a correlation method with a cross sectional approach. The population in this study were 104 young women at the Mahfilud Duror II Islamic Boarding School. The sample for this research was 82 young women. The sampling technique used was nonprobability sampling using purposive sampling. The instruments in this study were body scales, height measuring instruments, questionnaires, and easy touch GCHB. From the research it was found that nutritional status was normal (64.6%), normal menstrual status (53.7%), anemia status, no anemia (51.2%). The results of the Spearman's Rho statistical test with ($\alpha = 0.05$) resulted in a p value of 0.139 so that H_1 was rejected so H_0 was accepted, which means there is no relationship between nutritional status and the incidence of anemia. The results of the second Spearman's Rho statistical test with ($\alpha = 0.05$) resulted in a p value < 0.001 so that H_2 was accepted, which means there is a relationship between menstrual status and the incidence of anemia at the Mahfilud Duror II Islamic Boarding School, Suger Kidul Village, Jelbuk District, Jember Regency with the strength of the relationship strong ($r = 0.610$). The coefficient number above is positive, so the better the menstrual status, the lower the anemia.

Keywords. Nutritional Status, Menstrual Status, Incidence of Anemia in Activate W Young Women