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THE RELATIONSHIP OF MENSTRUAL CYCLE AND SLEEP QUALITY WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT SMPN 02 ROBATAL	
ABSTRACT Anemia is a condition in which red blood cells in the body are lower than the normal amount. Based on the results of preliminary studies conducted at SMPN 02 Robatal Sampang on December 14th, 2025, it was found that out of 10 adolescent girls in the class 50% of them experienced anemia according to the laboratory results of HB levels less than 11 mg/dl. The purpose of this study is to determine the relationship between the menstrual cycle, sleep quality to the incidence of anemia in adolescent girls at SMPN 02 Robatal Sampang. The research design used analytic with cross sectional approach. The Independent variable were menstrual cycle, sleep quality) and dependent variable was Anemia incidence. The population used was all female students at SMPN 02 Robatal recorded in attendance recorded as many as 68 students in classes VIII and IX. The sampling technique used Simple Random Sampling, the research site at SMPN 02 Robatal in July 2025. The instrument in this study used PSQI, menstrual cycle questionnaire, easy touch and used the Chi-Square statistical test. Based on the results of the study indicate that the majority of adolescent girls experience normal menstrual cycles (58.6%) and the majority have poor sleep quality (65.6%), as well as the majority experiencing anemia (65.6%). There is a significant association between menstrual cycles and the occurrence of anemia ($p = 0.171$), as well as an association between sleep quality and the occurrence of anemia ($p = 0.017$). Based on the results of research on efforts to prevent anemia, namely maintaining good sleep quality, a regular sleep schedule, a comfortable environment, and avoiding eating too much before bedtime. Keywords : Menstrual Cycle, Sleep Quality, Anemia.	