

ABSTRACT

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***THE RELATIONSHIP BETWEEN DIET, PHYSICAL ACTIVITY, AND FE
TABLET CONSUMPTION WITH THE INCIDENCE OF ANEMIA IN
ADOLESCENT GIRLS***

(Study at PP MTs Negeri Bangkalan)

ABSTRAK

Anemia is a condition where the number of red blood cells or hemoglobin (Hb) concentration in the blood is lower than the normal value. Preliminary studies conducted at MTs Negeri Bangkalan on the date through hemoglobin (Hb) examination to 15 class VIII students obtained data on 13 students (87%) who experienced mild anemia with Hb values (10-11 gr/dl) and 2 students (13%) did not experience anemia with Hb values (12-13). This study aims to determine the relationship between diet, physical activity, and Fe tablet consumption with the incidence of anemia in adolescent girls at MTs Negeri Bangkalan.

This research design uses quantitative methods with a cross-sectional approach. The sample in this study amounted to 97 adolescent girls who were taken with simple random sampling technique. The instruments used were Easy Touch GCHb measuring instrument, diet questionnaire, Short-International Physical Activity Questionnaire (IPAQ-SF), Morisky Medication Adherence Scale (MMAS-8). Data analysis was performed using Spearman Rank test.

The results showed that there was a significant relationship between diet and the incidence of anemia ($p < 0.05$) and there was no relationship between physical activity and the incidence of anemia ($p > 0.05$), there was a significant relationship between Fe tablet consumption and the incidence of anemia ($p < 0.05$), meaning that there was a relationship between diet and Fe tablet consumption and the incidence of anemia in adolescent girls at MTs Negeri Bangkalan.

It is hoped that the results of this study can be a source of information for adolescent girls in maintaining nutritional intake, encouraging balanced physical activity, and strengthening the Fe tablet supplementation program at school, and can be a reference for health workers in providing education and preventive efforts against anemia.

Key Words: Anemia, Diet, Physical Activity, Fe Tablet Consumption