

ABSTRACT

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THE RELATIONSHIP OF STRESS LEVELS AND MENSTRUAL CYCLE DURATION WITH THE OCCURRENCE OF ANEMIA IN ADOLESCENT GIRLS (Study in the MTsN Bangkalan Area)	
ABSTRACT <i>Anemia is a condition in which hemoglobin (HB) levels are low or below normal, accompanied by a decrease in red blood cell mass (Angga Hardiansyah 2024). Based on preliminary studies at MTsN Bangkalan involving 10 female students, 60% of them were found to have anemia according to laboratory results showing HB levels below 12 g/dL, while 40% of the adolescent girls did not have anemia. The aim of this study is to identify the level of stress and duration of menstruation in relation to the occurrence of anemia among adolescent girls at MTsN Bangkalan.</i> <i>The research design used cross-sectional analysis. The research population consists of 287 adolescent girls, and the research sample consists of 72 adolescent girls in grades 8 and 9, selected using simple random sampling. The independent variables were stress levels and menstrual duration. The research instrument used a questionnaire. The analysis used the Spearman Rank statistical test. Ethical review conducted by the Ethics Committee of Noor Huda Mustofa University, No. 2702/KEPK/UNIV-NHM/EC/VI/2025.</i> <i>The results showed that the variable of stress level and anemia had a p-value of $0.189 < 0.05$, which means that there was no relationship between stress level and the incidence of anemia in adolescent girls. The variable of menstrual duration and anemia had a p-value of $0.039 < 0.05$, which means that there was a relationship between menstrual duration and the incidence of anemia in adolescent girls at MTsN Bangkalan.</i> <i>Preventive measures for anemia can be taken by maintaining physical and mental health. Managing stress through relaxation and exercise is very important so as not to disrupt hormonal balance. Getting enough iron-rich foods and vitamin C, as well as getting checked if you experience excessive bleeding, can help prevent anemia.</i> Keywords: Stress Level, Menstrual Duration, Anemia, Adolescent Girls	