

ABSTRACT

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THE RELATIONSHIP OF DIET AND BODY IMAGE WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS

(Study at MTsN Bangkalan)

ABSTRACT

Anemia is a condition of the body that experiences red blood cell (Hb) levels lower than the normal limit. Adolescent girls are said to be anemic if the Hb level is <12 gr/dl. Hemoglobin functions to bind oxygen and deliver it to all body tissue cells, including muscles and the brain to perform their functions. Based on the results of preliminary studies conducted by researchers, December 2024 at MTsN Bangkalan from 13 female students, 6 (46%) female students were found to be anemic, 4 (30%) of them with poor diet and who experienced inappropriate body images such as (eating disorders, anxiety, depression and obesity) 3 (23%).

This research design was analytic with a cross sectional approach, the independent variable was diet and body image, the dependent variable was the incidence of anemia. The Population 157 samples 39 with simple random sampling method. Data were collected using food habits questionnaire (FHQ) and HB checking using easy touch Hb and analyzed by Chi-Square test. This research has been carried out Ethical Clearance test with No KEPK.2733/KEPK/UNIV-NHM/EC/VII/2025.

The results showed that most of the diet of 7th grade adolescent girls at MTsN Bangkalan were in the sufficient category (53,9%). And most of the body image was in the positive category (59%). The results of the Chi-Square statistical test obtained a value of $p = 0.01$ means $p = < \alpha$ (0.05) which means there was a relationship of diet and the incidence of anemia in adolescent girls. The $p = 0.01$ means $p = < \alpha$ (0.05) which means there was a relationship between body image and the incidence of anemia in adolescent girls.

This study was expected to provide information for health education institutions and health workers to carry out research related to diet and body image with the incidence of anemia in adolescent girls.

Keywords: Diet, Body Image, Anemia, Adolescent Girls