FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA

HUBUNGAN SIKLUS MENSTRUASI DENGAN KEJADIAN ANEMIA
REMAJA PUTRI DI SMK SUKARAJA
KABUPATEN TASIKMALAYA

ABSTRAK

xv bagian awal + 55 halaman + 4 tabel + 1 bagan + 8 lampiran

Prevalensi anemia di Indonesia saat ini masih tinggi. Remaja putri lebih rentan menderita anemia. Selain mengalami menstruasi setiap bulannya, tetapi juga dapat dipengaruhi oleh status gizi, tingkat stress, dan pengetahuan remaja. Tujuan penelitian untuk mengetahui hubungan siklus menstruasi dengan kejadian anemia remaja putri di SMK Sukaraja Kabupaten Tasikmalaya. Penelitian menggunakan metode deskriptif korelasional dengan pendekatan *cross sectional.* Populasi seluruh siswi kelas X dan XI di SMK Sukaraja Kabupaten Tasikmalaya sebanyak 68 siswi dengan *total sampling*. Data di analisis menggunakan distribusi frekuensi dan uji *chi square*. Dari 68 responden, sebanyak 41 responden (60,3%) mengalami siklus normal, 16 responden (23,5%) mengalami siklus panjang, dan 11 responden (16,2%) mengalami siklus pendek. Sedangkan responden yang mengalami anemia sebanyak 36 responden (52,9%) dan tidak mengalami anemia sebanyak 32 responden (47,1%). Hasil uji statistik diperoleh nilai ρ value $0,000 < \alpha=0,05$. Kesimpulan dari penelitian ini ada hubungan antara siklus menstruasi dengan kejadian anemia remaja putri di SMK Sukaraja Kabupaten Tasikmalaya. Disarankan bagi profesi perawat untuk memberikan informasi melalui penyuluhan kesehatan yang bekerjasama dengan masyarakat dan pihak sekolah tentang anemia dan faktor penyebabnya untuk meningkatkan derajat kesehatan remaja putri.

Kata kunci   : anemia, remaja putri, siklus menstruasi
Kepustakaan   : 42 (2013-2022)

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Skripsi, July 2023
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THE RELATIONSHIP BETWEEN MENSTRUAL CYCLE AND THE INCIDENCE OF ANEMIA AMONG ADOLESCENT GIRLS IN SUKARAJA HIGH SCHOOL TASIKMALAYA DISTRICT

ABSTRACT

xv beginning + 55 pages + 4 tables + 1 chart + 8 attachment

The prevalence of anemia in Indonesia is still high. Adolescent girls are more prone to anemia. In addition to experiencing menstruation every month, it can be influenced by nutritional status, stress levels, and knowledge of adolescents. The purpose of the study was to determine the relationship between the menstrual cycle and the incidence of anemia in adolescent girls at SMK Sukaraja, Tasikmalaya Regency. The study used descriptive correlation method with cross sectional approach. The population of all X and XI grade students at SMK Sukaraja Tasikmalaya Regency was 68 students with total sampling. Data were analyzed using frequency distribution and chi square test. Of the 68 respondents, 41 respondents (60.3%) experienced a normal cycle, 16 respondents (23.5%) experienced a long cycle, and 11 respondents (16.2%) experienced a short cycle. While respondents who experienced anemia were 36 respondents (52.9%) and did not experience anemia were 32 respondents (47.1%). The statistical test results obtained a ρ value of $0.000 < \alpha = 0.05$. The conclusion of this study is that there is a relationship between the menstrual cycle and the incidence of anemia in adolescent girls at SMK Sukaraja, Tasikmalaya Regency. It is recommended for the nursing profession to provide information through health counseling in collaboration with the community and schools about anemia and its causative factors to improve the health status of adolescent girls.

Keywords: adolescent girls, anemia, menstrual cycle
Literature: 42 (2013-2022)