ABSTRACT

Factors Related to the Prevention of Anemia in Adolescent Girls-based on Lawrence Green Theory

Cross Sectional Study

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Introduction: Anemia in adolescent was a condition which the hemoglobin level in the blood was less than normal. Anemia could reduced student achievement. Adolescent girls need more iron to replace iron lost during menstruation. By 2012, government of South Borneo had started a providing program iron supplement in adolescent girls Junior High School. This study aimed to analyze the correlation between predisposing factors, reinforcing factors, and enabling factors with the prevention of anemia in adolescent girls based on theory of Lawrence Green.

Method: This study used descriptive analysis with cross sectional approach. The sample number in this study amounted to 68 respondents. The collection of data through questionnaires. Data was analyzed using Spearman’s test with a significant α<0.05.

Result: The results of the analysis of factors related to the prevention of anemia in adolescent girls based on theory of Lawrence Green is knowledge (r=0.258, p=0.034), health-related skill (r=0.528, p=0.000), family support (r=0.638, p=0.000), and peer support (r=0.527, p=0.000).

Discussion: There was a significant relationship between knowledge, health-related skill, family support, and peer support to prevention of anemia in adolescent girls. To form the anemia prevention behaviors needed improving student’s skills, promotive improvement, stabilization regularly involving the family, and establish peer support.

Keywords: anemia, prevention, girls, support, knowledge, skill, iron