ABSTRACT

Female workers are susceptible to nutritional anemia. This can be due to lack of iron substance in their meal, heavy burden of work, menstruation which every women naturaly gets eacg month, and other related factors. Based on the facrs, a program to overcome nutrition anemia among Female workers was developed. This program was aimed at decreasing the prevalence of nutrition anemia among Famale workers to take them more productive.

This study was carried out in Mataram Nusa Tenggara. The companies either implementing the program ot not were made as research objects and female workeras as respondents.

This study was to evaluate the effectiveness of the program and to study the either causing nutrition anemia among female workers in Mataram in 2002. It was analytical namely analyzing some factors related to nutrition anemia.

The research design was observational with cross sectional study approach which can be involved as associative research since identifying the relation of one variable with others.

The sample of the research included 90 woman taken by multi stage random sampling technique. The regression logistic technique on 9 variables which had either direct or indirect relation, showed that 6 variables significantly related to nutrition anemia namely (1) the program implementation (2) education (3) income (4) eating pattern (5) consumption of energizing tablets (6) physical activity. The implementation of the program to overcome nutritional anemia was effective to decrease the prevalence of nutrition anemia.

The proportion of prevalence of nutrition among female workers who implemented the program was only 20,00%, while the proportion among female workers who did not implement the program was 75,56%.

A consecutived study with broader and other variables should be conducted to get more reliable results. The program to overcome nurition anemia should be continued and developed since it could decrease the prevalence of nutritional anemia.

Key words : Effectiveness, nutritional anemia, female workers