

ABSTRACT

Relationship between Nutritional Status, Cycle and Duration of Menstruation with the anemia incident on teenage girl in SMA Negeri 3 Surabaya

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Basic Health Research Indonesia (RISKESDAS) mentioned that, the prevalence of anemia in teenage girls aged 13-18 years has risen in 2007 was 19.7%, increased in 2013 by 22.7%. Anemia can be caused by several factors, among others, nutritional status, and duration of the menstrual cycle. The nutritional status of adolescents are affected by body image, so a strict diet. Accompanied by loss of blood each month (menstruation) also affect anemia. The purpose of this study was to determine the relationship between nutritional status, and duration of the menstrual cycle with the incidence of anemia on adolescent girls SMA Negeri 3 Surabaya. This research method using analytic cross sectional sample of teenage girls in class XI SMA Negeri 3 Surabaya. Sampling with a total sampling met the inclusion criteria. Held in August to May 2016. The independent variables studied were nutritional status, and duration of the menstrual cycle. The dependent variable was the anemia. Instrument research using questionnaires, Sahli method, bathroom scales and microtoise. Data were analyzed using Pearson's correlation (if normal distribution) or Spearman's correlation. The results of this study are mostly young women of normal nutritional status and are in the normal menstrual cycle. There was no association between nutritional status ($p = 0.902$), the menstrual cycle ($p = 0.161$) and the incidence of anemia and there is a relationship between long periods ($p = 0.002$) and the incidence of anemia. The conclusion was that there was no association between nutritional status and anemia menstrual cycle with young women, and there is a long-standing relationship with the menstrual anemia.

Keywords: nutritional status, cycles of menstruation, duration of menstruation, the incidence of anemia.