

**THE FACTORS ANALYSIS RELATED TO THE ANEMIA PREVENTION
ON ADOLESCENT DURING MENSTRUATION IN ISLAMIC
BOARDING SCHOOL**

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ABSTRACT

Introduction: Adolescent are vulnerable towards anemia due to the menstrual cycle causes a loss of blood every month. Thus, the need for iron substance increases doubled. This study aims to analyze the factors related to anemia prevention on Adolescent during menstruation in Islamic boarding school Jenu area of Tuban. **Method:** This study used descriptive correlational design with *cross sectional study* approach. The samples were the santriwati in aged 11-20 years and have experienced menstruation in 3 islamic boarding school Jenu area of Tuban. There was a total of 214 santriwati. The sample selection was done by using purposive random sampling. The independent variables were the knowledge, attitude, peer support, health facilities, and health-related measures. The dependent variable was the anemia prevention. The data were obtained by using questionnaire. The data were analyzed by using *Spearman Rho test* with the significant level $\alpha < 0.05$. **Results:** The results showed that there was a significant relation towards the knowledge ($r = 0.318$), attitudes ($r = 0.232$), peer support ($r = 0.203$), health facilities ($r = 0.260$), and health-related measures (0.227) towards the anemia prevention on teenage girls during menstruation in islamic boarding school Jenu area of Tuban. **Discussion:** Regarding to the results, it is expected that the islamic boarding school organizer should maintain the availability of a healthy and nutritious food. Furthermore, the pesantren's health cadres should increase the promotive and preventive activities on the importance of anemia prevention in teenage girls during menstruation.

Keywords: Anemia, Knowledge, Attitude, Peer Support, Healthcare, and Health-related measures.