

ABSTRAK

Latar Belakang : Anemia merupakan keadaan menurunnya kadar hemoglobin, hematokrit, dan jumlah sel darah merah dibawah nilai normal yang di patokkan untuk perorangan. Anemia pada remaja putri di negara sampai saat ini masih relatif tinggi yaitu sekitar 40 – 88%. Angka kejadian Anemia pada remaja putri di Negara berkembang sekitar 53,7%. Indonesia 2013 menunjukkan prevalensi anemia pada anak usia 5-14 tahun, dan 15-24 tahun masing-masing adalah 26,4%, dan 18,4%. Prevalensi anemia pada anak usia sekolah dan remaja hampir tiga kali lipat sedangkan prevalensi angka kejadian anemia di Jawa Barat mencapai 42,4%.

Metode Penelitian : *Deskriptif Kuantitatif*. Populasi sebesar 110 siswi, teknik *stratified random sampling* dengan hasil 53 sampel. Teknik pengumpulan data dilakukan dengan cara memberikan lembar pertanyaan kuesioner, Dan analisis data dengan univariat dengan distribusi frekuensi.

Hasil Penelitian : Sebagian besar (73,6%) berkategori pengetahuan baik. setengahnya (56,6%) berkategori baik dalam pengetahuan pengetian anemia. Hampir seluruhnya (81,1%) berkategori baik dalam pengetahuan tanda gejala anemia. Hampir seluruhnya (77,4%) berkategori baik dalam pengetahuan dampak anemia. Sebagian besar (75,5%) berkategori baik dalam pengetahuan pencegahan anemia.

Kesimpulan : Sebagian besar sebanyak 39 responden (73,6%) memiliki kategori pengetahuan baik.

Saran : Bagi remaja putri dapat meningkatkan pengetahuan tentang pencegahan anemia.

Kata Kunci : Pengetahuan, Anemia, Remaja Putri

Daftar Pustaka : 19 jurnal (2020-2022)

7 Buku (2021-2022)

1 Web (2019-2020)

ABSTRACT

Background : Anemia is a condition of decreased hemoglobin, hematocrit, and red blood cell counts below the normal values set for individuals. Anemia in adolescent girls in the country is still relatively high, which is around 40-88%. The incidence of anemia in adolescent girls in developing countries is around 53.7%. Indonesia 2013 showed the prevalence of anemia in children aged 5-14 years and 15-24 years were 26.4% and 18.4%, respectively. The prevalence of anemia in school-age children and adolescents is almost three times while the prevalence of anemia in West Java reaches 42.4%

Research Methods : Quantitative Descriptive. The population of 110 students, stratified random sampling technique with the results of 53 samples. The data collection technique was done by giving a questionnaire question sheet, and univariate data analysis with a frequency distribution.

Research Results : Most (73.6%) are categorized as good knowledge. half (56.6%) are categorized as good in the knowledge of anemia. Almost all (81.1%) are categorized as good in knowledge of signs and symptoms of anemia. Almost all of them (77.4%) are categorized as good in knowledge of the impact of anemia. Most (75.5%) are categorized as good in knowledge of anemia prevention.

Conclusion : Most of the 39 respondents (73.6%) have good knowledge category.

Suggestion : For young women can increase knowledge about anemia prevention.

Keywords : Knowledge, Anemia, Young Women

Bibliography : 19 journals (2020-2022)

7 Books (2021-2022)

1 Web (2019-2020)