

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIV KEBIDANAN**

**SKRIPSI, APRIL 2022
REFI FILLIANA MARTIN**

**HUBUNGAN INDEKS MASSA TUBUH (IMT) DAN SIKLUS
MENSTRUASI TERHADAP KEJADIAN ANEMIA PADA REMAJA
PUTERI DI PPM AL-HIDAYAH SUKAMAJU TAHUN 2022**

Xiii + 45 Halaman + 6 Tabel + 12 Lampiran

ABSTRAK

Anemia merupakan masalah kesehatan masyarakat global yang serius terutama mempengaruhi anak-anak, remaja dan wanita hamil. Anemia 10 kali lebih mungkin terjadi pada remaja putri dibandingkan dengan remaja laki-laki. Remaja putri lebih beresiko dikarenakan setiap bulan remaja putri mengalami menstruasi dan dalam masa pertumbuhan yang membutuhkan asupan zat besi yang lebih banyak. Berdasarkan data Kementerian Kesehatan, 6,41% remaja putri di Provinsi Riau mengalami anemia. Tujuan penelitian ini untuk mengetahui hubungan indeks massa tubuh (IMT) dan siklus menstruasi terhadap kejadian anemia pada remaja putri. Jenis penelitian kuantitatif analitik dengan pendekatan *cross sectional*. Penelitian dilakukan pada bulan Januari-April 2022. Populasi 105 orang remaja putri di PPM Al-hidayah pada tahun 2022 dengan teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah 83 sampel. Instrumen yang digunakan adalah timbangan berat badan, staturmeter, GCHb dan lembar wawancara. Analisis data secara univariat dan bivariat, pengolahan data menggunakan *chi square*. Hasil penelitian menunjukkan bahwa adanya hubungan antara indeks massa tubuh (IMT) terhadap kejadian anemia pada remaja putri, nilai uji *chi square* $p=0,023$ sehingga p value $<0,05$ maka H_0 ditolak, dan tidak ada hubungan antara siklus menstruasi terhadap kejadian anemia pada remaja putri, nilai uji *chi square* $p= 0,329$. Disarankan kepada pihak sekolah agar dapat memberikan penyuluhan tentang status gizi dikarenakan remaja putri yang berstatus gizi normal maupun tidak normal berpotensi mengalami anemia, sehingga dapat memberikan penyuluhan tentang asupan pentingnya konsumsi protein hewani dan zat besi pada remaja.

Kata Kunci : Anemia, Indeks Massa Tubuh, Siklus Menstruasi, Remaja Putri
Daftar Pustaka : 25 (2004-2021)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA HEALTH
POLYTECHNIC OF THE MINISTRY OF HEALTH RIAU STUDY
PROGRAM D IV MIDWIFERY**

THESIS, APRIL 2022

REFI FILLIANA MARTIN

**THE RELATIONSHIP OF BODY MASS INDEX (BMI) AND MENSTRUAL
CYCLE TO THE EVENT OF ANEMIA IN TEENAGE PRINCESS AT PPM
AL-HIDAYAH SUKAMAJU 2022**

Xiii + 45 Pages + 6 Table + 12 Appendix

ABSTRACT

Anemia is a serious global public health problem that mainly affects children, adolescents and pregnant women. Anemia is 10 times more likely to occur in girls than boys. Young women are more at risk because every month they experience menstruation and are in a period of growth that requires more iron intake. Based on data from the Ministry of Health, 6.41% of young women in Riau Province are anemic. The purpose of this study was to determine the relationship between body mass index (BMI) and the menstrual cycle on the incidence of anemia in adolescent girls. This type of research is quantitative analytic with a cross sectional approach. The study was conducted in January-April 2022. The population was 105 young women at PPM Al-Hidayah in 2022 with a sampling technique using purposive sampling with a total of 83 samples. The instruments used were weight scales, staturmeter, GCHb and interview sheets. Data analysis was univariate and bivariate, data processing used chi square. The results showed that there was a relationship between body mass index (BMI) and the incidence of anemia in adolescent girls, the chi square test value $p = 0.023$ so that p value < 0.05 then H_0 was rejected, and there was no relationship between the menstrual cycle and the incidence of anemia in adolescents. daughter, chi square test value $p = 0.329$. It is recommended to the school to provide counseling about nutritional status because adolescent girls with normal or abnormal nutritional status have the potential to experience anemia, so they can provide counseling about the importance of consuming animal protein and iron intake in adolescents.

Keywords: Anemia, Body Mass Index, Menstrual Cycle, Young Women
Bibliography : 25 (2004-2021)