

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
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Hubungan Pola Menstruasi dengan Kejadian Anemia pada Remaja Putri di SMA Negeri 1 Belalau Lampung Barat

Xvi + 43 halaman, 8 tabel, 2 gambar, 6 lampiran

ABSTRAK

Anemia merupakan salah satu masalah kesehatan masyarakat yang serius, khususnya di kalangan remaja putri. Remaja putri rentan mengalami anemia karena kehilangan zat besi saat menstruasi. Pola menstruasi, yang meliputi siklus dan lama menstruasi, diduga berkontribusi terhadap kejadian anemia apabila berlangsung tidak normal.

Tujuan Penelitian ini untuk mengetahui hubungan antara pola menstruasi (siklus dan lama menstruasi) dengan kejadian anemia pada remaja putri di SMA Negeri 1 Belalau Lampung Barat.

Metode Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Populasi 125. Jumlah sampel sebanyak 96 orang remaja putri kelas X yang diambil menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner dan pemeriksaan kadar hemoglobin menggunakan alat *easy-touch* GCHB. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square.

Hasil penelitian. Sebagian besar responden yang mengalami anemia sebanyak 38 (39,6%) dan yang tidak anemia sebanyak 58 (60,4 %) dan memiliki siklus menstruasi yang tidak normal sebanyak 36 (37,5%) dan yang normal sebanyak 60 (60,2%), dan lama menstruasi yang beresiko sebanyak 37 (38,5%) dan yang tidak beresiko sebanyak 59 (61,5%) dari 96 responden. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara siklus menstruasi dengan kejadian anemia ($p\text{-value} = 0,000$; $OR = 121,000$) serta terdapat hubungan yang signifikan antara lama menstruasi dengan kejadian anemia ($p\text{-value} = 0,000$; $OR = 56,533$).

Dapat disimpulkan terdapat hubungan yang signifikan antara pola menstruasi (siklus dan lama menstruasi) dengan kejadian anemia pada remaja putri. Edukasi mengenai pola menstruasi sehat dan pencegahan anemia melalui gizi seimbang dan suplementasi zat besi sangat penting untuk meningkatkan derajat kesehatan remaja putri. Disarankan agar pihak sekolah dan Puskesmas memperkuat program edukasi Kesehatan reproduksi dan pembagian tablet Fe secara berkala sebagai upaya pencegahan anemia sejak dini.

Kata Kunci: Anemia, Siklus Menstruasi, Lama Menstruasi, Remaja Putri

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***The Relationship Menstrual Patterns and Anemia in Adolescent Girls at
SMAN 1 Belalau***

Xvi+43 pages, 8 tables, 2 figures, 6 appendices

ABSTRACT

Anemia is a serious public health problem, especially among adolescent girls. Adolescent girls are vulnerable to anemia due to iron loss during menstruation. Menstrual patterns, including cycle regularity and duration, are suspected to contribute to the incidence of anemia when they are abnormal.

Objective This study aims to determine the relationship between menstrual patterns (cycle and duration) and the incidence of anemia among adolescent girls at SMA Negeri 1 Belalau.

Methods This research used a quantitative method with a cross-sectional design. The sample consisted of 96 tenth-grade adolescent girls, selected using purposive sampling. Data were collected through questionnaires and hemoglobin level examination using the Easy Touch device. The data were analyzed using univariate and bivariate analysis with the Chi-Square test.

The results of the study Most of the respondents who experienced anemia were 38 (39.6%) and those who were not anemic were 58 (60.4%) and had an abnormal menstrual cycle as many as 36 (37.5%) and normal ones as many as 60 (60.2%), and the length of menstruation that was at risk was 37 (38.5%) and those who were not at risk were 59 (61.5%) out of 96 respondents. The results of statistical tests showed that there was a significant relationship between the menstrual cycle and the incidence of anemia ($p\text{-value} = 0.000$; $OR = 121.000$) and there was a significant relationship between the length of menstruation and the incidence of anemia ($p\text{-value} = 0.000$; $OR = 56.533$).

Conclusion There is a significant relationship between menstrual patterns (cycle and duration) and the incidence of anemia among adolescent girls. Education regarding healthy menstrual patterns and the prevention of anemia through balanced nutrition and iron supplementation is crucial to improving adolescent girls' health status. It is recommended that schools and local health centers strengthen reproductive health education programs and distribute Fe tablets regularly as an effort to prevent anemia from an early age.

Keywords: Anemia, Menstrual Pattern, Adolescent Girls

References: 23 (2015-2025)