

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KEBIDANAN
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Hubungan konsumsi tablet tambah darah, siklus menstruasi, status gizi dengan kejadian anemia pada remaja putri di SMPnegeri 5 pekanbaru

xii + 98 Halaman + 8 Tabel + 4 Lampiran

ABSTRAK

Anemia pada remaja putri masih menjadi masalah kesehatan yang dapat memengaruhi pertumbuhan, prestasi belajar, dan kesehatan reproduksi. Penelitian ini bertujuan mengetahui hubungan konsumsi Tablet Tambah Darah (TTD), siklus menstruasi, dan status gizi dengan kejadian anemia pada remaja putri di SMP Negeri 5 Pekanbaru. Penelitian menggunakan desain kuantitatif analitik dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 72 responden yang dipilih menggunakan teknik *stratified random sampling*. Data dianalisis secara *univariat* dan *bivariat* menggunakan uji *Chi-Square* dan *Spearman*. Hasil penelitian menunjukkan terdapat hubungan antara konsumsi TTD dengan kejadian anemia ($p=0,001$; $OR=9,000$) dan antara siklus menstruasi dengan kejadian anemia ($p<0,001$; $OR=28,000$). Sementara itu, status gizi tidak berhubungan dengan kejadian anemia ($p=0,273$; $r=-0,131$). Disimpulkan bahwa konsumsi TTD dan siklus menstruasi berhubungan dengan kejadian anemia, sedangkan status gizi tidak berhubungan dengan kejadian anemia pada remaja putri di SMP Negeri 5 Pekanbaru

Kata kunci: anemia, remaja putri, tablet tambah darah, siklus menstruasi, status gizi.
Daftar Bacaan: 71 (2020–2026).

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The Relationship Between Iron Supplement Tablet Consumption, Menstrual Cycle, Nutritional Status, and the Incidence of Anemia Among Adolescent Girls at SMP Negeri 5 Pekanbaru

xii + 98 Pages + 8 Tables + 4 Appendices

ABSTRACT

Anemia among adolescent girls remains a public health problem that may affect growth, academic performance, and reproductive health. This study aimed to determine the relationship between iron supplement tablet (IST) consumption, menstrual cycle, nutritional status, and the incidence of anemia among adolescent girls at SMP Negeri 5 Pekanbaru. This study employed a quantitative analytical design with a cross-sectional approach. The study sample consisted of 72 respondents selected using the stratified random sampling technique. Data were analyzed using univariate and bivariate analyses with the Chi-Square test and Spearman correlation test. The results showed a significant relationship between iron supplement tablet consumption and the incidence of anemia ($p=0.001$; $OR=9.000$) and between menstrual cycle and the incidence of anemia ($p<0.001$; $OR=28.000$). Meanwhile, nutritional status was not significantly associated with the incidence of anemia ($p=0.273$; $r=-0.131$). It was concluded that iron supplement tablet consumption and menstrual cycle were associated with the incidence of anemia, whereas nutritional status was not associated with the incidence of anemia among adolescent girls at SMP Negeri 5 Pekanbaru

Keywords: anemia, adolescent girls, iron supplement tablets, menstrual cycle, nutritional status.

References: 71 (2020–2026).