

ABSTRAK

PERBEDAAN STATUS GIZI, AKTIVITAS FISIK DAN LAMA MENSTRUASI ANTARA REMAJA PUTRI ANEMIA DAN TIDAK ANEMIA DI SMA NEGERI 2 PURWOKERTO

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Latar Belakang: Remaja putri merupakan kelompok anemia berisiko tinggi dibandingkan dengan remaja putra. Prevalensi anemia di Kabupaten Banyumas sebesar 36,24%. Penelitian ini bertujuan untuk menganalisis perbedaan status gizi, aktivitas fisik dan lama menstruasi antara remaja putri anemia dan tidak anemia di SMA Negeri 2 Purwokerto

Metode: penelitian menggunakan desain *cross sectional*. Sampel berjumlah 74 remaja putri terdiri dari 37 anemia dan 37 tidak anemia. Sampel menggunakan metode *purposive sampling*. Analisis data menggunakan uji *Independent T Test* dan uji *Mann Whitney*

Hasil: Responden anemia (73%) dan tidak anemia (89.2%) memiliki status gizi normal. Responden anemia memiliki aktivitas fisik kurang (64.9%) dibandingkan dengan tidak anemia (37.8%). Responden anemia lebih lama menstruasinya (35.1%) dibandingkan dengan tidak anemia (13.5%).) Ada perbedaan aktivitas fisik ($p=0.00$) dan lama menstruasi ($p=0.02$) namun tidak ada perbedaan status gizi ($p=0.569$) antara remaja anemia dan tidak anemia

Kesimpulan: Tidak ada perbedaan status gizi antara remaja putri anemia dan tidak anemia. Ada perbedaan aktivitas fisik dan lama menstruasi antara remaja putri anemia dan tidak anemia

Kata Kunci: Status Gizi, Aktivitas Fisik, Lama Menstruasi, Anemia, Remaja Putri

ABSTRACT

THE DIFFERENCES NUTRITIONAL STATUS, PHYSICAL ACTIVITIES AND LENGTH OF MENSTRUATION BETWEEN ADOLESCENT GIRLS SUFFER AND NOT SUFFER FROM ANEMIA IN PURWOKERTO 2 STATE HIGH SCHOOL

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Background: Adolescent girls are high risk to anemia rather than boys. Prevalance of anemia in Banyumas Regency is 36,24%. The purpose of this study was to the differences in nutritional status, physical activities and length of menstruation in adolescent girls suffer and not suffer from anemia in Purwokerto 2 State High School.

Method: The design of this study is using the cross-sectional method. The samples was 74 adolescent consist of 37 anemia and 37 not anemia. The samples used with purposive sampling method. The data analyzed by *Independent T Test* and *Mann Whitney U Test*.

Results: Respondents suffer anemia (73%) and not suffer anemia (89.2) had normal nutritional status. Respondents suffer anemia had less physical activities (64.9%) compared to not anemia (37.8%). Respondents suffer from anemia had longer menstruation (35.1%) compared to not suffer anemia (13.5%). There is difference in physical activity ($p=0.00$) and length of menstruation ($p=0.02$) but there is no difference in nutritional status ($p=0.569$) between adolescent girls suffer and not suffer anemia.

Conclusion: There is no difference in nutritional status in adolescent girls suffer and not suffer from anemia. There are differences in physical activities and length of menstruation in adolescent girls suffer and suffer anemia.

Keywords: Nutritional Status, Physical Activity, Length of Menstruation, Anemia, Adolescent Girls