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File name: 15._JURNAL_ARIS_DEWANTINI.doc
File size: 186.5K
Page count: 9
Word count: 3,808
Character count: 23,461
Submission date: 30-Sep-2020 03:22PM (UTC+0700)
Submission ID: 1401141367

HUBUNGAN PERILAKU KONSUMSI Fe TERHADAP KEJADIAN ANEMIA DI SMP NEGERI 1 KEDUNGADAM KABUPATEN BOJONEGORO

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ABSTRAK

Pendahuluan Anemia merupakan salah satu masalah kesehatan yang banyak dialami remaja putri yang disebabkan zat besi yang terbuang saat menstruasi. Studi pendahuluan terhadap 15 siswa putri sejumlah 9 siswi (60%) mengalami anemia dan sejumlah 6 siswi (40%) tidak mengalami anemia. **Tujuan** penelitian ini adalah menganalisis hubungan perilaku konsumsi Fe dengan kejadian anemia di SMP Negeri 1 Kedungadem Kabupaten Bojonegoro. **Jenis penelitian** ini analitik korelasional menggunakan pendekatan *cross sectional*. Populasinya 241 siswi dan sampelnya 122 siswi yang dipilih secara *purposive sampling*. Variabel *independent* penelitian ini perilaku konsumsi Fe, dan variabel *dependenya* kejadian anemia. Instrumen penelitian ini adalah kuesioner dan observasi. Pengolahan data dengan cara *editing, coding, scoring, tabulating* dan diuji statistik *Coefficient Contingency* dengan tingkat kemaknaan $\alpha = 0,05$. **Hasil penelitian** diketahui hampir seluruh responden yang patuh mengonsumsi Fe tidak terjadi anemia yaitu sejumlah 82 orang (97,6%), dan hampir setengah responden yang tidak patuh mengonsumsi Fe terjadi anemia ringan yaitu sejumlah 16 orang (42,1%). Hasil analisis uji statistik *Coefficient Contingency* didapatkan nilai *P*-value = 0,000, sehingga H_0 ditolak dan H_1 diterima yang artinya ada hubungan perilaku konsumsi Fe dengan kejadian anemia di SMP Negeri 1 Kedungadem Kabupaten Bojonegoro. **Kesimpulannya** ada hubungan perilaku konsumsi Fe dengan kejadian anemia. Saran bagi tenaga kesehatan terutama bidan agar dapat memberikan pelayanan terkait pengelolaan anemia pada remaja putri siswa Sekolah Menengah Pertama dengan melakukan pencegahan melalui penyuluhan.

Kata Kunci : Perilaku Konsumsi Fe, Kejadian Anemia.

ABSTRACT

Introduction Anemia is one of the health problems experienced by young women due to iron which is wasted during menstruation. A preliminary study of 15 female students, a total of 9 students (60%) had anemia and a number of 6 students (40%) did not have anemia. **The purpose** of this study was to analyze the relationship between iron consumption behavior and anemia at SMP Negeri 1 Kedungadem, Bojonegoro Regency. **This type of research** is *correlational analysis* using a *cross sectional* approach. The population was 241 students and the sample was 122 students who were selected by *purposive sampling*. The *independent variable* of this study was the consumption behavior of Fe, and the *dependent variable* was the incidence of anemia. The research instruments were questionnaire and observation. Processing data by means of *editing, coding, scoring, tabulating* and tested *Coefficient Contingency* statistics with a significance level of $\alpha = 0.05$. **The results** showed that almost all respondents who complied with iron consumption did not experience anemia, namely 82 people (97.6%), and nearly half of the respondents who did not comply with iron consumption had mild anemia, namely 16 people (42.1%). The results of the coefficient