

INCIDENT OF ANEMIA IN AMONG ADOLECENT GIRLS AT SMPN 2 NGRAMPAL

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ABSTRACT

Background: The incidence of anemia among adolescent girls is categorized as high. Anemia is a condition where the red blood cells in the body is insufficient to meet physiological needs, which can be caused by a decrease in hemoglobin (Hb) levels. The normal hemoglobin levels in adolescents 12 gr/dL. One factor contributing to anemia in adolescent girls is iron loss due to bleeding, specifically menstruation, which is experienced only by females. **Objective:** To describe the incidence rate of anemia among adolescent girls at SMPN 2 Ngrampal. **Method:** Quantitative descriptive research with a sample of 117 respondents. **Results:** The prevalence of anemia is (20,5%), with (65%) of respondents in the middle adolescent age group, (88,9%) having a normal menstrual cycle, and (72,6%) experiencing prolonged menstruation. Based on the menstrual cycle, anemia is most common among adolescent girls with a normal menstrual cycle at 88,9%. Based on menstrual duration, anemia is most prevalent among those with prolonged menstruation at 72,6%. **Conclusion:** The majority of teenage girls at SMPN 2 Ngrampal are in the middle adolescence age group. Their menstrual cycles are normal, but the duration of menstruation is long. Despite this, there is no occurrence of anemia among these girls.

Keywords: menstrual cycle, duration of menstruation, anemia