

The Relationship Of Knowledge And Behavior About Nutrition To The Event Of Anemia In Adolescent Women In The Environment V Bamboo Field New Neighborhood

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ABSTRACT

Nutrition or also called nutrition, is the study of food and its relationship to health. This study aims to determine the relationship of knowledge and behavior about nutrition to the incidence of anemia in adolescent girls. The research method used is pre-experimental with the design of "The One Shot Case Study". The population in this study amounted to 30 young women who are in Neighborhood V Village Baru Ladang Bambu. The sample in this study was 30 by total sampling. The results showed that the majority of respondents who had sufficient knowledge were 18 people (60%) the majority had active behavior as many as 18 people (60%) the majority had anemia as many as 12 people (40%) based on the chi-square statistical test obtained p value = 0.000. This means that the p value is smaller than the p value (0.05) and thus Ho is rejected and Ha is accepted, that is, knowledge and behavior about nutrition in adolescent girls have a significant relationship with the incidence of anemia. It is suggested to young women in Neighborhood V of Kelurahan Baru Ladang Bambu to meet the nutritional needs of the body and seek information about anemia.

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1. Introduction

Nutrition or also called nutrition is the study of food and its relationship to health (Ambarwati, 2012). The nutritional needs of adolescents are relatively large, because they are still growing. In addition, adolescents generally carry out higher physical activity than other ages, so that more nutrients are needed (Kusumawati et al., 2014).

Fulfillment of nutritional needs for our bodies is generally obtained from an appropriate diet and meets health requirements. Thus, it will be able to maintain body composition in such a way that it allows the body to carry out physical and mental activities well, especially for adolescents who need sufficient nutrition (Ambarwati, 2012).

Many teens think too much about their diet because they worry about their appearance. Also many young women do not understand that the increase in fat tissue during puberty is necessary for normal growth and development (Ambarwati, 2012).

Generally, young women and women are more prone to anemia than men or young men. Women and young women need 2 times more iron than men or young men because they experience menstruation and bleed a lot during childbirth and iron is needed to produce blood (Proverawati et al., 2014).

Adolescent girls should consume more iron from foods such as animal side dishes, green vegetables and other food ingredients that contain a lot of iron, young women also need to be given counseling about consuming good sources of iron to prevent anemia (Banudi, 2013).).

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Anemia is a health problem throughout the world, especially developing countries where an estimated 30% of the world's population suffers from anemia. Anemia is common in society, especially in adolescents and pregnant women. Anemia in adolescent girls is still quite high. The prevalence of anemia in the world ranges from 40-88 %. The total population of adolescents (10-19 years) in Indonesia is 26.2% consisting of 50.9% male and 49.1% female (World Health Organization, 2014).

According to the 2013 Riskesdas data, the prevalence of anemia in Indonesia is 21.7% with patients with anemia aged 5-14 years at 26.4% and 18.4% in patients aged 15-24 years (Kemenkes RI, 2014). Data from the 2012 Household Health Survey (SKRT) states that the prevalence of anemia in children under five is 40.5%, pregnant women is 50.5%, postpartum mothers are 45.1%, young women aged 10-18 years are 57.1%. and age 19-45 years by 39.5%. Women have the highest risk of developing anemia, especially in adolescent girls.

According to the Indonesian Demographic Health Survey (IDHS) (2015), the prevalence of anemia is 75.9% in adolescent girls, 53.6% in pregnant women. Another criterion is that people are anemic if the hemoglobin (Hb) in the blood is less than 13 g% for men and less than 12 g% for women. While anemia for children aged 6 months - 5 years, the Hb content in the blood is less than 11 g%. Children aged 6-14 years Hb content is less than 12 g%. Meanwhile, in North Sumatra with 9,377 blood test participants in three cities, Medan, Pematang Siantar, and Kisaran, 33% of whom anemia occurred in young women due to lack of knowledge about nutrition.

Based on the description above, the authors are interested in conducting research on "The Correlation of Knowledge and Behavior About Nutrition on the Incidence of Anemia in Adolescent Girls in Indonesia". Neighborhood V New Village Bamboo Field in 2020".

2. Methods

The type of research used is pre-experimental with the design of "The One Shot Case Study". The population in this study amounted to 30 young women who are in Neighborhood V Village Baru Ladang Bambu. The sample in this study was 30 by total sampling. This research was conducted from November 2019 - March 2020.

3. Results

TABLE 1
DISTRIBUTION OF YOUNG WOMEN CHARACTERISTICS

Characteristics	Category	f	%
Age	13-16 Tofu	17	56.67
	17-21 Years	13	43.33
Total		30	100
Education	Basic (SD, SMP)	5	16.7
	Intermediate (high school)	18	60
	Top (PT)	7	23.3
Total		30	100

Based on the table above shows the characteristics of the majority of respondents aged 13-16 years as many as 18 respondents (60%), and the minority with basic education (SMP) as many as 5 respondents (16.7%).

TABLE 2
FREQUENCY DISTRIBUTION OF RESPONDENTS BASED ON KNOWLEDGE OF YOUNG WOMEN ABOUT NUTRITION

Knowledge	f	%
Well	6	20
Enough	18	60
Not enough	6	20
Total	30	100%

Based on the table above It can be seen that of the 30 respondents the majority had sufficient knowledge as many as 18 respondents (60%) about Nutrition in Bulanjahe Village, Barusjahe District in 2016.

TABLE 3
DISTRIBUTION OF YOUNG WOMEN BEHAVIOR ABOUT NUTRITION

Behavior	f	(%)
Active	18	30%
Passive	12	70%
Total	30	100%

Based on the table above, it can be seen that of the 30 respondents the majority have active behavior, as many as 18 respondents (60%).

TABLE 4
DISTRIBUTION OF ANEMIA IN YOUNG WOMEN ABOUT NUTRITION

Total HB	Information	f	%
< 11 gr/dl	Anemia	12	40
> 11 g/dl	No anemia	18	60
Total		30	100

Based on the table above, it can be seen that of the 30 respondents the majority are not anemic as many as 18 respondents (60%)

TABLE 4
CROSS TABULATION OF THE RELATIONSHIP OF KNOWLEDGE ABOUT NUTRITION IN ADOLESCENT GIRLS TO THE INCIDENCE OF ANEMIA

keeper-know	Attitude				Total	Test chi-square
	Anemia		No Anemia			
	N	%	N	%		
Well	0	0	5	17	5	=0.001
Enough	5	17	13	43	18	
Not enough	7	23	0	0	7	
Total	12	40	18	60	30	

Based on the table above, the majority of respondents have sufficient knowledge as many as 18 respondents (60%), and as many as 5 respondents experience anemia (17%). No anemia as many as 13 respondents (43%).

TABLE 5
CROSS TABULATION OF THE RELATIONSHIP BETWEEN BEHAVIOR REGARDING NUTRITION IN ADOLESCENT GIRLS AND THE INCIDENCE OF ANEMIA

Behavior	Anemia				Total	Test chi-square
	Anemia		No Anemia			
	N	%	N	%		
Active	18	60	0	0	18	χ=0.000
Passive	12	40	0	0	12	000
Total	30	100	0	0	30	

Based on the table above the majority of respondents have an active behavior about nutrition in adolescent girls as many as 18 respondents (60%) and 12 respondents (40%).

4. Discussion

Respondents Knowledge About Nutrition in Young Women

The results of the analysis showed that of the 30 young women the majority had sufficient knowledge as many as 18 people (60%), 5 people with good knowledge (16%), and 7 people with less knowledge (24%).

Notoatmodjo's theory which says that knowledge is the result of knowing and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, touch and taste (Notoatmodji, 2012).

Research by Liza, et al (2013), entitled the relationship between knowledge and behavior about nutrition in adolescent girls to the incidence of anemia in grade IX students in three high schools in Yogyakarta, showed that the results of research on grade IX students said that lack of knowledge about nutrition had a risk of anemia 2x more large compared to knowledge of good nutrition

The results of the study are in line with the theory of Notoatmodjo, 2012, based on the results of the study above that the knowledge of young women about nutrition at the Mahdalena Pane Clinic in 2020 is more than sufficient knowledge, namely 18 people (60%), this is due to the lack of information obtained about nutrition in adolescents Princess.

Respondents' Behavior About Nutrition in Young Women

The results of the analysis showed that of the 30 young women the majority had active behavior as many as 18 people (60%) and 12 people (40%).

The theory of Wawan, et al says that behavior is an individual's response to a stimulus or an action that can be observed and has a specific frequency, duration and purpose whether consciously or not (Wawan, et al, 2015).

Hapza and Yulita's research (2012) entitled the relationship between knowledge and behavior about nutrition in SMA Negeri 8 Pekanbaru students showed that the results of research on class IX students said that behavior about active nutrition had a lower risk of anemia than behavior about passive nutrition.

The results of the study are in line with the theory of Wawan, et al., 2015, based on the results of the research above that the behavior of adolescent girls about nutrition in Neighborhood V New Village Bamboo Field more passive behavior as many as 12 people (40%) because young women are less informed.

Analysis of the Relationship between Knowledge and Behavior about Nutrition on the Incidence of Anemia

Judging from the results of research conducted on 30 young women in Bulanjahe Village, Barusjahe District, from 18 young women who have sufficient knowledge, there are 5 respondents who have anemia (17%) and 13 respondents who are not anemic (43%) and young women who behave active as many as 18 people (60%).

Knowledge and behavior about nutrition are very influential on anemia. Where lack of knowledge and passive behavior can lead to anemia. The results of the chi-square statistical test of knowledge obtained p value = 0.001. This means that the value of p is smaller than $\chi^2(0.05)$ and thus H_0 is rejected and H_a is accepted. While the results of the chi-square statistical test of behavior obtained p value = 0.000. This means that the p value is smaller than $\chi^2(0.05)$ and thus H_0 is rejected and H_a is accepted.

The results of this study are in line with the research of Hapza and Yulita (2012), entitled the relationship of knowledge and behavior about nutrition to the incidence of anemia in female students at SMA Negeri 8 Pekanbaru. . The results of the study from 100 respondents found that 60 respondents (81.1%) had anemia with statistical test results obtained p = 0.000 which means there is a relationship between knowledge and behavior about nutrition to the incidence of anemia.

Thus, it can be concluded that in this study there is a relationship between knowledge and behavior about nutrition on the incidence of anemia. This is because lack of knowledge and passive behavior can cause anemia. So from the results of this study there was no discrepancy between the results of the study and the theory stated above

5. CONCLUSION

Based on the results of research regarding the relationship of knowledge and behavior about nutrition to the incidence of anemia in Indonesia Neighborhood V New Village Bamboo Field the following conclusions can be drawn:

1. Knowledge of young women about nutrition in Neighborhood V New Village Bamboo Field In 2020, the majority of respondents with sufficient knowledge were 18 respondents (60%), 5

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respondents had good knowledge (17%), and those with less knowledge were 7 respondents (24%).

2. Behavior of adolescent girls about nutrition in Neighborhood V New Village Bamboo Field in 2020 the majority have active behavior as many as 18 respondents (60%) and passive behavior as many as 12 people (40%).
3. There is a significant relationship between the knowledge of adolescent girls about nutrition on the incidence of anemia in Indonesia Neighborhood V New Village Bamboo Field in 2020 where good knowledge can reduce the occurrence of anemia, with p value = 0.001.
4. There is a significant relationship between the behavior of adolescent girls about nutrition to the incidence of anemia in Indonesia Neighborhood V New Village Bamboo Field in 2020 where active behavior can reduce the occurrence of anemia, with p value = 0.000.

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