

Anemia in Young Women in Environment III Ladang Bambu Village, Medan Tuntungan District in 2020

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ABSTRACT

The purpose of this research is to increase the knowledge and insight of adolescents about the risk of anemia, so that adolescents know how to manage nutritional coverage during their teenage years. Explaining to adolescents about what happens when during adolescence, nutritional patterns are not fulfilled, such as malnutrition, obesity, and anemia. Increase the knowledge of young women about nutrition and increase the knowledge of young women about anemia. The types and forms of activities of this activity are providing material to adolescents about anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and ways to overcome anemia in adolescents. To achieve the objectives of the above activities, activities were carried out including providing material to adolescents about anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and ways to overcome anemia in adolescents.

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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).).

Anemia is better known as anemia, which is caused by a lack of iron in an amount that is not sufficient for daily needs (Ambarwati, 2012). 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).

How to deal with anemia in adolescents based on medical experience and personal experience with anemia sufferers increase the consumption of foods containing iron and folic acid such as green vegetables, nuts, fruits and fresh meat, especially during menstruation adolescents so that iron expenditure is balanced with iron intake. If possible, take more iron. Don't sleep too late because lack of sleep will cause a decrease in appetite and ultimately less food intake, especially iron, change life habits into a regular lifestyle, eat regularly and have balanced nutrition, especially iron to overcome anemia. Try your best not to be stressed, whatever problems you are facing, if you can solve them yourself, if you don't consult with your parents or teachers, otherwise it will also be related to a decrease in appetite, don't want to go on a diet, if you are overweight, just leave it as it is, the important thing is to be healthy. . If you force a diet, it will inhibit the entry of the necessary nutrients, including iron. (<http://wikipedia.com/5-pengebab-anemia-pada-remaja-putri/>).

2. Method

The direction or purpose of this activity can be carried out by counseling adolescents about anemia, namely, understanding, anemia criteria, anemia distribution, anemia symptoms, and how to overcome anemia in adolescents. Profit Field Darmo Midwifery Academy lecturers totaling 2 people, and 1 student, Target active family planning acceptors.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

- a. **Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**
 - 1) Asking permission to Medan Tuntungan Sub-district in carrying out counseling activities for adolescents about anemia, namely, understanding, anemia criteria, anemia distribution, anemia symptoms, and how to overcome anemia in adolescents
 - 2) Determination of participants who will take part in the counseling.
 - 3) Determination of community staff who participate in the smooth running of Counseling activities for adolescents about anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and ways to overcome anemia in adolescents
 - 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
 - 5) Other things that are considered important in carrying out activities
- b. **Coordination meeting with the activity implementation team in this case:**
 - 1) Set the day, date of activity
 - 2) Place of activity
 - 3) Prepared equipment
 - 4) The committee that helped
 - 5) Amount of fee required
 - 6) Facilitators who participate in providing materials
 - 7) Things deemed necessary

2.2 Activity Process

On January 18, 2020, data collection was carried out for participants who will take part in counseling activities for adolescents about anemia, namely, understanding, anemia criteria, anemia distribution, anemia symptoms, and how to overcome anemia in adolescents. The opening event, counseling for adolescents about anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and ways to overcome anemia in adolescents, among others by doing:

- a. Lecture
- b. FAQ
- c. Discussion

Finished providing counseling materials about anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and how to overcome anemia in adolescents. Adolescents were also given an explanation about nutrition. Because if teenagers are not fulfilled their nutritional needs, it will result in the teenager being anemic.

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3 Results and Discussion

a. Target Audience

The target of this activity is youth in Environment III, Ladang Bambu Village, Medan Tuntungan District. Adolescents will be given an explanation about reproductive health, especially nutrition in adolescents, so that adolescents understand the impact of lack/excess of nutrition, if malnutrition can cause anemia, and if excess nutrition can lead to obesity.

b. Linkages

In carrying out this service activity, the fields of science that are considered related include nutrition in adolescents and promotion of health and public health.

c. Evaluation Plan

In this case the evaluation carried out was an evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) as well as increasing the health and nutrition status of adolescents by increasing information about the incidence of anemia, such as providing an explanation of anemia, namely, understanding, anemia criteria, distribution of anemia, anemia, symptoms of anemia, and how to deal with anemia in adolescents.

d. Supporting and Inhibiting Factors

1) Supporting factors

Enthusiasm of teenagers is quite large, those in Environment III, Ladang Bambu Village, Medan Tuntungan District, who provide time and place so that counseling can run well.

2) Obstacle factor

Lack of awareness in adolescents. Teenagers try their best to diet to look slim, even though it can lead to malnutrition and anemia.

4 Conclusion

The report on the implementation of community service activities in the form of counseling for adolescents is by providing an explanation of anemia, namely, understanding, criteria for anemia, distribution of anemia, symptoms of anemia, and how to overcome anemia in adolescents in Environment III, Ladang Bambu Village, Medan Tuntungan District, which can be stated as follows : the activity was carried out in accordance with the objectives and plans, this activity received a good response from the District, Midwife/Environmental Nurse III, and along with the Service Staff. This activity provides a new discourse for teenagers to be able to disseminate the health information they get and for themselves.

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