

NUTRITIONAL STATUS RELATIONSHIP WITH ANEMIA EVENTS IN ADOLESCENT QUALITY IN SMA PGRI 6 BANJARMASIN

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ABSTRACT

Background : Physical changes in adolescence will affect the health status of adolescent nutrition. The imbalance between intake of needs and adequacy will lead to nutritional problems, one of the four nutritional problems facing developing countries, including Indonesia is an iron anemia problem (HB levels less than normal 12gr / dl).

Objective : To know the relationship of nutritional status with the incidence of anemia in adolescent daughter of SMA PGRI 6 Banjarmasin

Method : The research is an *analytic survey* with approach *cross sectional*. The population of 127 students and the sample in this study were 30 female students. Sampling was done by using non random sampling technique, that is *purposive sampling*. Then performed a *Chi-Square test*.

Results : respondents with nutritional status as many as 19 students (63.3%), respondents with normal nutritional status of 6 students (20%), respondents with overweight nutrient status of 2 students (6.7%), respondents with obesity nutritional status as many as 3 female students (10%). respondents who are not anemic as much as 12 female students (40%), anemia respondents as much as 18 female students (60%). Respondent with a severe nutritional status with anemia as much as 17 female students and not anemia as much as 2 female students (63,3%), respondents whose nutritional status was Overweight with no anemia as many as 2 adolescent girls (6.7%), respondent obese nutritional status with no anemia as many as 3 adolescent girls (10%) And respondents who are normal nutritional status with no anemia as many as 5 girls and anemic daughter as much as 1 teenage daughter (20%). From the *Chi-Square test* results obtained p-value = 0,000 it can be concluded that there is a significant relationship between nutritional status with the incidence of anemia.

Conclusion : There is a significant correlation between nutritional status with anemia in adolescent high school girls PGRI 6 Banjarmasin

Keywords : Adolescent, Nutritional status and Anemia