Hubungan Asupan VITAMIN B12, Asam Folat dan Tingkat Pengetahuan Remaja Putri dengan Kejadian Anemia (Studi Kasus di Pondok Pesantren Nurul Huda Situbondo) (Relationship Between Vitamin B12 Intake, Folad Acid and Knowledge Level Of Young Women With Anemia Incidence (Case Study at Nurul Huda Islamic Boarding School Situbondo)

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ABSTRACT

Anemia is a condition in which the number of red blood cells and oxygen capacity in the body is not sufficiebt. Teenage girls are prone to anemia because it is caused by several factors such as bleeding due to mastruation, infectious diseases, and lack of intake of nutrients such as vitamin B12 and folid acid. Knowledge of adolescent girls about anemia can affect adolescent anemia status. If knowledge is good, it will have an impact on eating patterns and the selection of food ingredients that affect hemoglobin levels. The purpose of this study was to analyze the relationship between vitamin B12 intake, folid acid, and the level of knowledge of young womwn on thw incidence of anemia in Islamic boarding schools. This type of research is quantitative with a cros sectiona observational research design. The number of samples in the study were 77 famale students using purposive sampling. The data collection in this study was using a food recall 1 × 24 hours 3 times not sequentially, a knowledge level questionnaire, and measuring hemoglobin levels using the GCU Touch Hb tool. Statistical analysis using SPSS with Kendall's tau correlation test. The results showed that vitamin B12 intake (p=0,286) meants that there was no relationship between vitamin b12 intake and the incidence of anemia, folic acid (p=0,216) meant that there was no relationship between folic acid intake and the incidence of anemia, and the level of knowledge of young women (p=0,000) means that there is a relationship between the level of knowledge of young women with the of anemia.

Keyword= Anemia, Folad Acid Intake, Knowladge Level, Vitamin B12 intake