

THE RELATIONSHIP BETWEEN KNOWLEDGE AND FAST FOOD CONSUMPTION WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT SMP NEGERI 3 BONDOWOSO

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ABSTRACT

Anemia is a condition where the hemoglobin (Hb) level in the blood is less than normal. Adolescents are at high risk of anemia, especially adolescent girls. One of the factors that influence the occurrence of anemia is knowledge about anemia. Apart from knowledge, it is also caused by nutritional intake which is strongly influenced by diet or individual eating habits. The purpose of this study was to determine the relationship between knowledge and fast food consumption with the incidence of anemia in adolescent girls at SMP Negeri 3 Bondowoso. This research design used an observational analytic survey with a cross sectional approach. The population in the study were students of SMP Negeri 3 Bondowoso grades 7, 8, and 9. The subject in this study were 75 students with proportionate stratified random sampling technique. The research was conducted for 3 month in Desember - February 2024 at SMP Negeri 3 Bondowoso. This research instrument used knowledge questionnaire about anemia and Food Frequency Questioner (FFQ). Statistical analysis using SPSS with Chi-Square test. The results showed that there was a relationship between knowledge and the incidence of anemia and had a weak relationship strength ($p=0.047$, $r=0.275$) and there was a relationship between fast food consumption and the incidence of anemia and had a weak relationship strength ($p=0.04$, $r=0.223$). The conclusion obtained shows that there is a relationship between knowledge and fast food consumption with the incidence of anemia in adolescent girls.

Keywords: Anemia, Fast Food, Knowledge