

**Analisis Pola Makan, Anemia, dan Konsentrasi Belajar pada Siswi di SMPN 1  
Sumberbaru** (*Analysis Dietary Habit, Anemia and Concentration on Study in Female  
Students at SMPN 1 Sumberbaru*)

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***ABSTRACT***

*Anemia is a condition where the hemoglobin (Hb) level is  $<12$  gr/dl for teenage girls. One of the main factors of anemia is influenced by the intake of nutrients consumed by teenage girls. In addition to dietary habit, one of the consequences that occurs in teenage girls, especially students who experience anemia is a decrease in concentration. The purpose of this study was to analyze the relationship between dietary habit with anemia and analyze the relationship between anemia with concentration on study in female students at SMPN 1 Sumberbaru. This type of research uses an analytical survey method with a cross-sectional research design. The subject of this study were students of SMPN 1 Sumberbaru with a subject amount of 66 female student. Data collection was carried out by checking hemoglobin levels using an HB meter, as well as filling out the Food Frequency Questionnaire (FFQ) for dietary habit and the student's learning concentration questionnaire. Statistical analysis using SPSS application with Chi Square test. The results of this study show that there is a relationship between dietary habit and anemia ( $p=0.008$ ) and anemia with concentration on study ( $p=0.009$ ).*

**Keywords :** *Teenage, Anemia, Dietary Habit, concentration on study*