

***THE RELATIONSHIP BETWEEN THE MENSTRUAL CYCLE AND  
INTAKE VITAMIN C AGAINST THE INCIDENCE OF ANEMIA  
TO YOUNG WOMEN AT SMPN 1 KALIBARU***

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***ABSTRACT***

According to Riskesdas 2018 data, 14.9% of Indonesian women experience irregular menstrual cycle problems. Factors that can cause menstrual cycle disruption include nutritional intake problems. The purpose of the study was to determine the relationship between the menstrual cycle and vitamin C intake to the incidence of anemia in adolescent girls at SMP 1 Kalibaru. This study uses a type of cross sectional design research with an observational analytical survey research method. The subjects taken were 84 respondents who had met the inclusion criteria using the subject collection technique using simple random sampling. The instruments used in this study were respondent identity questionnaires, recall forms, Hb measuring instruments (GCU Easy Touch), menstrual pattern questionnaires. Data analysis used univariate analysis and bivariate analysis. Data analysis was carried out using the SPSS Statistic Version 25 program. The results showed that 81.3% of students who experienced anemia, 22.6% of students who experienced irregular menstrual cycles, and 25.3% of students who experienced vitamin C deficiency. The results of the analysis test with the Fisher Exact Test showed that there was a relationship between the menstrual cycle and the incidence of anemia (0.030). There was no association between vitamin C intake and the incidence of anemia (0.496). The conclusion is that there is a there needs to be an educational effort for young women regarding the regularity of the menstrual cycle, in order to prevent anemia students at SMPN 1 Kalibaru.

*Keywords: Menstrual Cycle, Vitamin C Intake, Anemia*