Hubungan Persepsi Dengan Perilaku Pencegahan Anemia Pada Remaja Putri Di Kabupaten Jember

Eka Amelia Putri

Health Promotion Study Program

Departement Of Health

ABSTRACT

Anemia is a public health issue that remains a global concern, particularly among adolescent girls and women of childbearing age. This study aims to analyze the relationship between perceptions and behaviors related to anemia prevention among adolescent girls in Jember Regency based on the Health Belief Model. This study employed a quantitative method with a cross-sectional design. The study sample consisted of 150 adolescent girls attending senior high schools and vocational high schools in Jember Regency, selected using convenience sampling. Data were collected via a questionnaire using Google Forms and analyzed using the chi-square test. The results showed that the majority of respondents had positive perceptions regarding anemia—104 respondents (69.3%)—and engaged in effective anemia prevention behaviors—103 respondents (68.7%). The Chi-Square test results indicated a significant relationship between perceptions and anemia prevention (p-value = 0.000). These findings indicate that the better the perceptions held by adolescent girls, the better their anemia prevention behaviors. Adolescent girls are encouraged to maintain these preventive behaviors by consuming a balanced, iron-rich diet; taking iron supplements regularly; staying adequately hydrated; and increasing their physical activity.

Keywords: *Perception, Health Belief Model, Behavior, Anemia prevention, Adolescent girls.*