

**Description of Knowledge Level of Nutritional Anemia, Frequency of Eating,  
And the length of menstruation in female students 2018 Public Sector  
Accounting**

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**ABSTRACT**

Anemia is a condition in which the level of hemoglobin in the blood is less than the normal value. Factors that affect anemia are divided into two parts namely direct factors and indirect factors. Nutrition knowledge is one of the basics that determines food consumption so that it can achieve an adequate nutritional state. Students have a fairly dense activity that makes the frequency of eating becomes irregular. Long menstrual periods will have a higher risk for anemia due to a longer history of blood loss. The purpose of this study was to describe the level of knowledge of nutritional anemia, frequency of eating, and duration of menstruation in 2018 Public Sector Accounting students at the Jember State Polytechnic. This research method is descriptive quantitative. The subjects of this study were 44 female students with a total sampling technique. The conclusion of this study is that the level of knowledge of nutritional anemia is in the poor category, the description of the frequency of students still not consuming properly according to balanced nutrition guidelines, namely rarely eating 3x a day, consuming staple foods in the category of always, consuming vegetables in the frequent category, consuming vegetable side dishes in the frequent category, consuming animal side dishes in the frequent category, consuming fruit in the rare category, consuming 8 glasses of water a day in the rare category, consuming coffee or tea every day is in the rare category, consuming food according to my plate is in the rare category, and consuming vitamin C in a week is in the rare category, and the description of the length of menstruation in female students is normal.

Keywords: frequency of eating, duration of menstruation, knowledge of nutritional anemia