



## DESCRIPTION OF THE INCIDENT OF ANEMIA IN ADOLESCENT WOMEN IN NAMORIH VILLAGE

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### Abstract

Anemia is a global health issue that is particularly common in underdeveloped nations, where it affects about 30% of the population. In Namori Village, anemia is an illness that frequently affects young women. The purpose of this study is to determine how common anemia is among teenage girls in Namori Village in 2023. In this study, cross-sectional research methodology and quantitative analysis were used concurrently to collect data. From the Namorih Village Community, thirty research samples were gathered. Secondary data collection, or data gathered by researchers from pre-existing sources, is the methodology employed in this study. This study set out to find out how common anemia was in Namori Village.

**Keywords:** Anemia, Adolescents, Menstruation, Food Intake, Lifestyle

### Introduction

Anemia is a global health problem, with a high frequency in underdeveloped countries, namely around 30%. Anemia is a condition that is common in society, especially in young women. Iron deficiency Because they need more iron during the growth stage, teenage girls are more likely to experience anemia. Because iron is mostly used by the blood to deliver oxygen, it is one of several nutrients the body needs. Anemia can be caused by low iron levels. Additionally, the risk of anemia increases due to blood loss throughout the menstrual cycle. According to World Health Organization projections, in 2010, anemia affected 53.7% of adolescent girls in developing countries. Teenage girls often experience anemia due to menstruation, stress, or eating late. For the meantime.

The level of education has a big influence on how well a person understands food information. A person's ability to live a healthy, independent, creative and sustainable life increases with increasing level of education. Therefore, there is an exponential relationship between nutritional conditions and education level; The higher a mother's education, the more aware she is of the importance of a balanced diet to avoid anemia during pregnancy. Pregnant women with a lower level of education are more likely to experience anemia than mothers with a higher level of education. Education is directly related to a person's ability to obtain health information, especially for pregnant women who experience anemia. This includes being aware of anemia, choosing foods rich in iron, and controlling the amount of iron consumed.

Diet, exercise and sleep schedules are variables that contribute to the prevalence of anemia in Namori Village. Adolescent lifestyle factors and lack of awareness of risk factors for anemia, including low-nutrient diets, inconsistent sleep patterns, exercise, and excessive use of electronic devices, can influence lifestyle (patterns) and contribute to the high incidence of anemia among adolescents. young women in Namorih village. The main factor that has the greatest ability to influence nutritional status is consumption patterns. This is because food intake in turn affects public

health and overall public health is influenced by the quantity and quality of food and drink consumed. The physical and mental growth of babies, children, and adults of all ages depends on optimal nutrition. A normal or healthy diet helps a person achieve a healthy weight and reduces the body's susceptibility to infectious infections, increases output at work, and protects against long-term disease and premature death. To maintain health and avoid chronic diseases or certain non-communicable diseases related to nutrition, people's diet must include a balanced diet. A healthy diet can benefit everyone's health and also public health.

One of the biggest food problems in Indonesia is nutritional anemia. The prevalence of iron deficiency anemia in children under five years increases significantly with a low-iron diet. The impact of nutritional anemia on the quality of human resources can actually be seen in maternal and newborn mortality rates which reduce worker productivity and academic achievement of school-aged children. The problem that still needs to be addressed in terms of consumption is how little people from low socio-economic backgrounds consume. . Anemia in school-age children results in impaired brain and body growth, increased morbidity and mortality rates, as well as abnormalities in intellectual, mental and motor development. Children with anemia often talk more, act more aloof and are quiet in social settings. They also don't react well to cues.

One of the biggest food problems in Indonesia is nutritional anemia. A diet low in iron dramatically increases the prevalence of iron deficiency anemia in children under five. The impact of poor nutrition on the quality of human resources is very visible in maternal and newborn mortality rates which reduce worker productivity and academic achievement of school-age children. The consumption problem that still needs to be addressed is the poor consumption of individuals from low socio-economic backgrounds. Children at school who suffer from anemia experience abnormalities in their motor, mental and intellectual development, as well as stunted brain and body growth and high rates of disease and death. Children with anemia typically show increased talkativeness, reticence, and calmness in social situations. They also respond poorly to signals.

The establishment of the Adolescent Health Services Program (PKPR) is one of the government's initiatives to address the problems faced by adolescents. Community health clinics, hospitals, and places such as malls where teenagers gather can host these types of activities. Adolescents are provided unique services through personalized care tailored to their needs, preferences and desires as part of the implementation of PKPR at Puskesmas. The specific objectives of the PKPR program are: increasing access to quality adolescent health services; increasing the number of teenagers who use community health centers to obtain health services; increase awareness and talent of teenagers in preventing health problems; and increasing youth involvement in the development, implementation and assessment of adolescent health services. The age range for this program is 10 to 19 years for men and women.

## **Method**

Using a cross-sectional study design and quantitative analysis, data were collected simultaneously or all at once in this research project. In the Namorih Village Community, thirty research samples were obtained. Secondary data collection, or data collected by researchers from pre-existing sources, is the methodology used in this research. In Pancur Batu District, North Sumatra, Deli Serdang Regency, Namorih Village, research has been carried out.

## Research Result

This research was conducted in May 2024 in Namori Village, Pancur Batu District, Deli Serdang Regency using a cross-sectional study design. All the female teenagers in this study who were in Namorih Village in May 2024 ranged in age from 13 to 20 years.

## Respondent Characteristics

In 2023, 30 respondents will be used to describe the age, education, food intake, lifestyle and length of menstruation of young women in Namorih Village.

| Variable                          | Frequency | percentage |
|-----------------------------------|-----------|------------|
| <b>Age</b>                        |           |            |
| < 15years                         | 11        | 36,7%      |
| >15 years                         | 19        | 63,3%      |
| <b>Education</b>                  |           |            |
| Studying                          | 2         | 6,7%       |
| SENIOR HIGH SCHOOL                | 15        | 50%        |
| JUNIOR HIGH SCHOOL                | 13        | 43,3%      |
| <b>Food supply</b>                |           |            |
| Consume nutrient-rich foods       | 3         | 10%        |
| Don't consume nutrient-rich foods | 27        | 90%        |
| <b>Lifestyle</b>                  |           |            |
| Sleep patterns                    |           |            |
| Regular                           | 10        | 33,3%      |
| Irregular                         | 20        | 67.7%      |
| <b>Taking TTD</b>                 |           |            |
| Consumption                       | 20        | 67,7%      |
| Don't consume                     | 10        | 33,3%      |
| <b>Physical activity</b>          |           |            |
| Heavy                             | 17        | 67,7%      |
| Not heavy                         | 13        | 43,3%      |
| <b>Length of Menstruation</b>     |           |            |
| Abnormal                          | 13        | 43,3%      |
| Normal                            | 17        | 56,7%      |
| <b>Anemia Occurrence</b>          |           |            |
|                                   | 30        | 100%       |

## Discussion

### 1. Age

Based on research findings, 30 respondents in Namori Village who were teenage girls were reported to be suffering from anemia. The age group with the highest frequency of respondents was 19 years (63.3%) aged over 15 years, while the age group with the lowest frequency was 11 years (47.7%) aged under 15 years. This shows the wide age range of female adolescents in Namori. The villages studied in this research. Age is the total of a person's date of birth and current age. A person's level of cognition and cognitive patterns become more mature with age, thus leading to an increase in the knowledge they acquire. A number of additional factors, including basic factors (socioeconomic, knowledge, and education), can influence the occurrence of anemia.

## **2. Education**

Teaching Based on the characteristics of respondents, the lowest education was 2 respondents (6.7%), while the highest education was 15 respondents (50%), followed by 13 respondents (43.3%) with junior high school education, and 2 respondents (6.7%) with a college education. One of the things that can influence a person's capacity to receive and understand the information they obtain is their level of education. Your knowledge about everything, including health, will increase the more information you consume. Even though the need for iron intake increases by doing these activities, actually iron intake does not increase even though activity increases. One factor that contributes to the prevalence of anemia is not increasing iron intake. The level of anemia in a person can also be influenced by their level of education. A high level of education has a positive influence

## **3. Food intake**

Food consumption Based on research on the frequency of food intake among young women in Namori Village, out of 30 respondents, the majority of women indicated that among them there were 3 respondents (10%) who had the highest food intake in the village. category of consuming nutrient-rich foods, while 27 respondents (90%), had the lowest food intake in the category of not consuming nutrient-rich foods. Respondents admitted that they often consume junk food and rarely consume nutrient-rich foods, which can have an impact on their health and nutritional consumption in general. Consuming junk food can have a negative impact on a person's health and cause problems such as anemia. As a result, there is a decrease in the amount of iron and iron binding agents ingested.

One of the causes of poor food consumption among young women is their lack of understanding about nutrition. A person's thoughts and actions when choosing a type of food are influenced by their level of nutritional knowledge, which ultimately has an impact on how easily a person understands the benefits of the food's nutritional value. Knowledge of healthy eating habits is thought to have an impact on healthy food intake resulting in a healthy nutritional state. Poor eating practices, strong aversions to certain foods, and consumption of the wrong foods can all contribute to low nutritional status. Young women generally dream of having a slim body shape, which is often the cause of poor diet. Teenagers make poor dietary choices in an effort to keep their bodies slim and youthful.

## **4. Lifestyle**

Way of Life Based on the frequency of responses, 20 respondents (66.7%) had regular sleeping habits, while 10 respondents (33.3%) had irregular sleeping patterns. The majority mentioned decreased sleep duration, a tendency to delay sleep, and more fatigue during the day. Adolescents' sleeping habits are influenced by several factors, including puberty which causes them to become sleepy more easily during the day even though their sleep time at night remains unchanged, parental involvement at bedtime, which affects school and when they wake up in the morning. schedule, that is, forcing them to get up early for classes. Many factors, including high levels of stress and worry, illness, inactivity, poor eating habits, alcohol intake, and poor sleep hygiene, can affect sleep quality.

Based on the frequency of adolescent respondents using blood supplement tablets, 20 respondents (66.7%) took them most often, while 10 respondents (33.3%) did not. Hemoglobin levels Adolescent girls may benefit from a weekly iron supplementation program. as effective as supplementation during menstruation. Adolescent girls' hemoglobin levels can increase with high adherence to weekly supplementation. Numerous studies show that following a weekly supplement diet can increase hemoglobin levels as much as taking it daily.

Based on the frequency of physical activity of respondents, there were 17 people (63.3%) who often did heavy activities and 13 people (47.7%) who did not do heavy activities. Anemia is a disorder characterized by an absence of hemoglobin, which carries oxygen throughout the body, or red blood

cells. This disorder can cause dizziness, fatigue, pale skin, and shortness of breath. Anemia can cause headaches and other symptoms. Dizziness and headaches occur when the brain does not receive sufficient amounts of oxygen due to low amounts of hemoglobin or red blood cells in the body. This disease can make a person feel weak and run out of energy.

## 5. Length of menstruation

Length of menstruation Based on the influence of the length of menstruation on the occurrence of anemia in young women in Namori village, research findings on the length of menstruation for young women in Namori village show that the longest menstrual period is in the abnormal range. The shortest category was 17 respondents (56.7%) and the shortest in the normal category was 13 respondents (43.3%). This is because natural menstruation takes a long time due to the hormonal balance between estrogen and progesterone. The amount of blood produced during menstruation is determined by hormonal, psychological and nutritional variables. Researchers identified the following hormonal factors: Many teenage girls have normal menstrual cycles because hormones are involved.

## Conclusion

A total of 30 female respondents in Namori Village suffered from anemia. Knowledge, lifestyle, food intake, and duration of the menstrual cycle are factors that influence the prevalence of anemia. Awareness of good nutrition will increase teenagers' food intake habits and compliance with taking blood supplement pills, thereby reducing the condition/prevalence of anemia in teenage girls in Namori Village.

## Suggestion

Therefore, village officials must implement a strategy that includes time to provide education about nutrient-dense eating patterns and the use of blood supplement tablets to avoid anemia in young women in Namori Village.

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