ANEMIA IN YOUNG WOMEN IN THE CITY OF SOUTH TANGERANG IN 2023

Ari Retno Setiyawaty¹, Dewi Kusumawati²

¹,²Master of Public Health Program, Faculty of Public Health, Universitas Muhammadiyah Jakarta
K.H. Ahmad Dahlan St., East Ciputat, South Tangerang, 15419
E-mail: ariretno79@gmail.com

ABSTRACT

Background: A health problem in adolescents that is still happening today is anemia. The problem of anemia in young women needs further treatment because young women are prospective mothers who will give birth to children as the successor to the nation. Purposes: The study aimed to describe the incidence of anemia and the recipients of blood-added tablets for young women in the city of South Tangerang. Methods: This research was conducted using descriptive research. The population of this study was young women who had been screened for Hemoglobin (Hb). From January to May 2023 in all junior high schools/equivalent grades 7,8,9 and high school/equivalent grades 10,11,12 in the city of South Tangerang there were 46,624 people. The data were obtained from the Hb screening report from the South Tangerang City Health Office and were analyzed univariately in the form of a frequency distribution. Results: The results showed that 15,015 girls (32.20%) experienced anemia with mild anemia at 54.41%, moderate anemia at 40.39%, and severe anemia at 5.20%. The highest percentage of anemia was in grade 9 reaching 37.56% and the highest prevalence of anemia for young women was in the Setu sub-district of 40.27%. For blood-added tablet recipients for young women in South Tangerang City, the rate has reached 67.63% of the target of 68%. Conclusions: This study concludes that the incidence of anemia in female adolescents is still high, exceeding the national target and the proportion of female adolescents receiving iron tablets is good. Collaboration between various parties is needed to reduce the prevalence of anemia among school girls' parents, regional officials from the health office, the education and culture office, and the Ministry of Religion of the city of South Tangerang regarding nutritional action activities and monitoring and evaluation of consumption of blood-added tablets in young women.

Keywords: Anemia, young women, hemoglobin screening, recipients of blood supplementary tablets.

ABSTRAK

Kementerian Agama Kota Tangerang Selatan mengenai kegiatan aksi gizi serta monitoring dan evaluasi konsumsi tablet tambah darah pada remaja putri.

**Kata kunci:** Anemia, Remaja Putri, Skrining Hemoglobin, Penerima Tablet Tambahan Darah.

**INTRODUCTION**

Health and nutrition problems in Indonesia during the First 1000 Days of Life period became the focus of attention because they not only had an impact on morbidity and mortality in mothers and children but also had permanent consequences for the quality of life of individuals into adulthood. The emergence of nutritional problems in children under the age of 2 years is closely related to the health and nutrition preparation of a woman to become a potential mother, including young girls.

One of the nutritional problems in Indonesia that often occurs in adolescents related to the occurrence of Maternal Mortality Rate (MMR) is iron nutritional anemia, anemia is the most common case in society. However, in general, people still consider illness to be trivial, especially when it occurs in adolescence. In this case, anemia occurs in adolescents who are already menstruating and is caused by a lack of consuming foods that contain iron.

A health problem in adolescents that is still happening today is anemia. The problem of anemia in young women needs further treatment because young women are prospective mothers who will give birth to children as the successor to the nation. After all, healthy mothers will give birth to healthy babies and have no problems with their growth and development.

The impact of anemia seen in adolescents is decreased work productivity, stunted growth and development, the body's susceptibility to infection, reduced body fitness, and decreased enthusiasm for learning and achievement. At some point, the teenager will become a mother-to-be. If a mother has anemia during pregnancy, she will be at high risk of experiencing bleeding during childbirth which can cause death to the mother. The occurrence of anemia can be caused by wrong, irregular, and unbalanced food intake with the adequacy of the nutritional sources needed by the body, including carbohydrate intake as a source of energy, protein intake, both animal and vegetable protein, fat/oil intake, vitamin C intake and especially lack of food sources that contain iron as well as folic acid. In general, efforts to overcome the problem of anemia in adolescents are related to food intake consumed every day and foods that contain iron.

In this case, early prevention is needed to prevent the impact of anemia on young women. The prevention that is being pursued by the government is by establishing a supplementation program for blood-boosting tablets in young women to meet iron intake in preventing anemia. The iron supplementation program for young women began in 2014 and has become one of the specific interventions to accelerate the reduction of stunting. The targets of this program are young women aged 12-18 years who are in...
educational institutions (junior high school and high school or equivalent) through the School/Madrasah Health Unit. Preventive dose by administering one iron tablet every week for 52 weeks. Giving iron tablets at the right dose can prevent anemia and increase iron reserves in the body. Monitoring and evaluation of the iron supplementation program is carried out by the program holder at the health center in collaboration with teachers at the school.

The study aimed to describe the incidence of anemia in female adolescents and female adolescents receiving iron tablets in South Tangerang City.

METHOD

The population of this study was young women who had been screened for Hemoglobin (Hb), from January to May 2023 in all junior high school/equivalent grades 7, 8, 9 and high school/equivalent grades 10, 11, 12 in South Tangerang city of 46,624 people. The data used is secondary data.

Secondary data is information that has been collected and recorded by someone other than the user for a purpose, not related to the current research problem. It is an available form of data collected from various sources such as censuses, government publications, internal organizational records, reports, books, journal articles, websites, and so on. The data were obtained from the Hb screening report from the South Tangerang City Health Office and were analyzed univariately in the form of a frequency distribution.

RESULTS AND DISCUSSION

From the results of 46,624 young girls in grades 7, 8, 9, 10, 11, and 12 who were screened for Hb in South Tangerang City in 2023, data on the Anemia category were obtained as follows:

Graph 1: Presentation of Anemia in Young Women According to Anemia Classification

The results of the study (graph 1) showed that 15,015 (32.20%) young women experienced anemia with mild anemia at 54.41%, moderate anemia at 40.39%, and severe anemia at 5.20%.
The highest percentage of anemia for girls was in grade 9 reaching 37.56% (Graph 2) compared to other classes from grade 7 to class 12 while the lowest percentage of anemia was in class 12 reaching 29.33%.

The distribution per district of anemia in female adolescents can be illustrated in the graph below:

**Graph 2: Percentage of Anemia by Class Group**

The distribution per district of anemia in female adolescents can be illustrated in the graph below:

**Graph 3: Incidence of Anemia in Young Women per District**

In the city of South Tangerang, schools at the junior high school/equivalent grades 7,8,9 and high school/equivalent grades 10,11,12 are spread across 7 (seven) districts including Ciputat, East Ciputat, Pamulang, Pondok Aren, Serpong, North Serpong, and Setu Districts. For the highest sub-district, female adolescent anemia was in the Setu sub-district at 40.27% (Graph 3). For blood-added tablet recipients for young women in South Tangerang City, the rate has reached 67.63% of the target of 68%.

**CONCLUSION AND SUGGESTIONS**

This study concludes that the incidence of anemia among young women in South Tangerang City is still high, exceeding the national target and the proportion of young women receiving iron tablets is good.
Collaboration between various parties is needed to reduce the prevalence of anemia in young girls among parents of school girls, regional health office officials, education and culture offices, and the ministry of religion in the city of South Tangerang regarding nutritional action activities. Continuous monitoring and evaluation carried out by school officers, youth program holders, and health centers as well as support from schools is very useful for the success of the program providing iron supplements to young women. Coordinating and cooperating as well as the commitment of various stakeholders to support the achievement of the coverage of iron supplements for young women.

REFERENCES