

ABSTRACT

Putri, Rohmah Aisyah. 2025. The Relationship between Lifestyle and the Incidence of Anemia in Adolescent Girls at SMKN 1 Malang. Thesis. Midwifery Applied Bachelor Program. Malang Health Polytechnic. Supervisor : Dr. Tri Anjaswarni, S.Kp., M.Kep

Anemia remains a major health problem in adolescent girls, which can impact learning concentration, productivity, and reproductive health in the future. Lifestyle factors such as diet, sleep patterns, physical activity, and passive smoking (exposure to cigarette smoke) are thought to contribute to the incidence of anemia. This study aims to analyze the relationship between lifestyle and the incidence of anemia in eleventh-grade female adolescents at SMKN 1 Malang. The study design was descriptive correlational with a cross-sectional approach. A sample of 93 female adolescents was selected using proportional random sampling. The independent variables included diet, sleep patterns, physical activity, and cigarette smoke exposure, while the dependent variable was the incidence of anemia as measured by hemoglobin levels. Data analysis used the Chi-Square test and Fisher's Exact Test. The results showed a significant relationship between diet ($p = 0.001$) and sleep patterns ($p = 0.001$) with the incidence of anemia, while physical activity ($p = 1.000$) and cigarette smoke exposure ($p = 0.499$) were not related. The incidence of anemia was quite high, at 45.2%. In conclusion, diet and sleep patterns play a significant role in the incidence of anemia in adolescent girls. Anemia prevention should focus on improving a balanced, nutritious diet, ensuring adequate sleep, and supporting school health programs.

Keywords : Anemia, lifestyle, eating patterns, sleeping patterns, teenage girls