

## DESCRIPTION OF KNOWLEDGE LEVEL ABOUT ANEMIA IN ADOLESCENT WOMEN: LITERATURE REVIEW

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### Abstract

Anemia in adolescent girls is still quite high in Indonesia. According to the Indonesia Health Demographic Survey (IDHS) 2017, the prevalence of anemia is 75,9% in adolescent girls. Data from the 2018 Basic Health Research Service, the prevalence of anemia in Indonesia increased by 48.9% for young women. There are several factors that affect the status of anemia in adolescent girls, namely the lack of knowledge of young women about anemia.

To identify a description of the knowledge of young women about anemia. This study uses a literature study approach by using selected journal sources based on the criteria that have been reviewed. From 11 journals there is a relationship between the lack of knowledge of young women with the incidence of anemia. Lack of knowledge level in young women with anemia greatly affects memory and concentration power so that it has an impact on learning ability and achievement.

**Keywords:** "Knowledge, Anemia in Young Women"

### Introduction

Anemia is a condition in which the circulating erythrocyte mass and hemoglobin mass do not fulfill their function to provide oxygen to body tissues. Anemia can be interpreted as a decrease in hemoglobin levels and low erythrocyte counts and hematocrits in the blood (Handayani & Wibowo 2017).

Adolescent girls have a higher risk of anemia than young men. This is based on the fact that young women often go on a diet to keep their bodies slim, but do not take into account the body's need for nutrients, both macro and micro. Anemia occurs due to lack of iron and folic acid. Anemia in adolescent girls is still quite high in Indonesia. According to the Indonesian Health Demographic Survey (IDHS) (2017), the prevalence of anemia is 75.9% in adolescent girls.

Based on the 2018 Basic Health Research, the prevalence of anemia in Indonesia increased in adolescent girls by 48.9% (Basic Health Research, 2018).

Anemia causes many impacts on adolescent girls, including stunted growth processes, decreased levels of fitness, memory and immunity so that they are prone to infection and decreased concentration power so that it has an impact on learning abilities and achievements (Almatsier, 2015).

Anemia is caused by several things, among others, such as the intake of foods that are low in iron or iron found in foods in a form that is difficult to absorb. And when you lose blood your body needs to produce more red blood cells than usual, so the need for iron also increases. When iron stores in the body are depleted and the absorption of iron in food is low, the body will begin to produce fewer red blood cells and contain less hemoglobin. This is what ultimately causes iron nutritional anemia, which is the most common cause of anemia (Fikawati, Sandra et al, 2017).

Several other factors that are thought to influence the anemia status of adolescent girls are thought to affect the anemia status of adolescents Among women are the lack of knowledge of young women about anemia, and adolescent diet. Lack of knowledge of adolescents about anemia causes adolescents to be very vulnerable to unhealthy eating behavior so that young women are one of the groups that are prone to suffering from anemia. Knowledge is the resultant of the result of the sensing process of a particular object.

The health behavior of a person or society is determined by people's intentions towards health objects, support from the surrounding community, information about health, individual freedom to act and situations that allow them to act (Fikawati, S., Syafiq, A., & Veretamala, A, 2017).

Efforts to overcome adolescent anemia that have been carried out by the government through strategies include iron supplements, nutrition education and food fortification. The supplementation program carried out by the government is the Prevention and Management of Iron Nutrient Anemia (PPAGB) with the target group of middle school children. The program for young women is carried out through school independently by means of iron supplementation at a dose of 1 tablet once a week for at least 16 weeks, and it is recommended to take 1 tablet every day during menstruation (Kemenkes RI, 2011).

Based on the description in the background above, the authors are interested in conducting research using the Literature Review method on "Description of Knowledge Levels of Anemia in Young Women"

## **Materials and Methods**

The literature review sources used in this study were traced using google scholar and the garuda portal using the keywords "Knowledge, Anemia in Adolescents".

## Results and Discussion

The literature review collection process was carried out using Google Scholar and the Garuda Portal, which was originally 41 to 10 selected literatures according to the existing topics.

According to Donsu's theory, Jenita Tine (2017), Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior or pen behavior. Meanwhile, according to Ani's theory, LS (2016) Anemia is a reduced level of erythrocytes (red blood cells) and hemoglobin (Hb) levels in every cubic millimeter of blood in the human body. Almost all disorders of the circulatory system are accompanied by anemia which is characterized by a pale color in the body, decreased physical work and decreased endurance. Anemia as a condition that the hemoglobin level is low due to a pathological condition.

According to the journal Nuniek Nizmah Fazriyah, M. Lealatul Huda Fitriyanto (2016) that many young women have less knowledge about anemia. Adolescent girls lack knowledge about anemia resulting in their lack of understanding about anemia. In accordance with the research of Astari Wahyuningsih & Anna Uswatun (2017), which shows that young women have less knowledge about anemia. This is supported by Melani Puji Astuti's research (2013), which states that research on the level of knowledge of young women in female students is very lacking.

Reinforced by Hesteria Friska Armynia Subratha & Kadek Sri Ariyanti (2020), that there is a lack of knowledge among young women about anemia. In accordance with Sri Mularsih's research (2017), it is also stated that young women's knowledge is lacking about anemia. According to the journal Lola Pebrianthy, Agusanna & Dewi and Era Friska (2019) that knowledge of anemia in adolescent girls is lacking. Lack of knowledge of anemia in young women will have a bad effect on young women, especially in terms of the learning process at school. According to Akma Listiana's research (2017) also states that there is a lack of knowledge among young women about anemia, meaning that young women who are knowledgeable have less risk of developing anemia compared to young women who have good knowledge. Normal hemoglobin in adolescent girls is 12-16 g%

According to research by Desri Suryani, Riska Hafiani and Rinsesti Junita (2017), it is stated that knowledge in adolescents daughter about anemia is less. A person's knowledge will affect attitudes and behavior in food selection and will subsequently affect the nutritional state of the individual concerned, including anemia status. In accordance with the research of Frida

Kasumawati, Holiday & Novia Ardana Jasman (2020) that there is a lack of knowledge in young women.

According to research by Elsiana Raga Ngatu and Lusa Rochmawwati (2018) that knowledge of anemia in adolescent girls is lacking. This shows that there is a significant relationship between knowledge and the incidence of anemia in adolescent girls. Adolescence is a time growth in various ways, both physically, mentally, socially and emotionally. Meanwhile, according to the theory of Wawan and Dewi (2010), there are several factors that can influence knowledge, namely educational, environmental, and economic factors.

The results of the research of I Gusti Agung Ayu Srinigrat, Putu Cintya Denny Yuliyanti, Luh Seri Ani (2019), also state that the factors that influence knowledge in young women are economics and education.

According to the theory of Almatzier (2011), how to overcome anemia in adolescent girls is by taking Blood Add Tablets (TTD). Blood supplement tablets are iron folate tablets which each tablet contains 200 mg ferrous sulfate or 60 mg elemental iron and 0.25 mg folic acid. Women and young women need to take blood-added tablets because women experience menstruation so they need iron to replace lost blood. In Tonasih's research, Siti Difta Rahmatika and Ade Irawan (2019), also stated that one way to overcome anemia in young women is by giving blood-supplementing tablets.

## **Conclusion**

There are 10 journals which state that there is a lack of knowledge of anemia in adolescent girls. Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior or pen behavior. Anemia is a reduction in the levels of erythrocytes (red blood cells) and hemoglobin (Hb) levels in every cubic millimeter of blood in the human body. Almost all disorders of the circulatory system are accompanied by anemia which is characterized by a pale color in the body, decreased physical work and decreased endurance. Anemia as a condition that the hemoglobin level is low due to a pathological condition.

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