ABSTRACT

BACKGROUND : Anemia is a condition where there is a decrease in the level of hemoglobin in the blood, which can be caused by the number of red blood cells that are too little or the amount of hemoglobin in the cells that is too little and if not treated can cause health problems. Diet is a variety of information that provides an overview of the kinds and amounts of foodstuffs eaten by one person each day and is a characteristic of a particular community group. In general, adolescents have poor eating habits.

OBJECTIVE : The purpose of this study was to see the relationship between diet and the incidence of anemia in students of the 2019-2020 class of public administration program at STIA Asy-Syafi'iyah Fakfak.

METHODS : This type of research uses the analytical observational method with a cross sectional design. The sampling method used was purposive sampling technique. Data analysis using the Chi-Square Test method.

RESULTS : The results showed that as many as 27 respondents or 37.5% with an irregular diet had anemia. The Chi-Square test value is 4.506 and the p-value is 0.034 (p <0.05).

CONCLUSIONS : There is a relationship between the respondent's dietary variable and anemia in students of the 2019 and 2020 class of public administration study programs STIA Asy-Syafi'iyah, Fakfak. The correlation coefficient is 0.430, so the relationship between dietary variables and anemia shows moderate criteria.

Keywords: Anemia, Diet, Hemoglobin