

Actions that Impact Adolescent Girls' Anemia

Yenni Magdalena Idje

Dinkes Kota Kupang / Puskesmas Oesapa, Kota Kupang

Email: yenimagdalenaidje@gmail.com

ABSTRACT

Anemia is becoming more common worldwide and in Indonesia each year. One of the reasons of anemia is eating an unbalanced diet. Low knowledge might lead to an unbalanced consumption of food. Adolescents can improve their eating habits by receiving nutrition instruction. In order to provide reference material for the discussion of research findings, this literature study attempts to identify variations that will be investigated from different theories with issues that will be investigated. by searching for written sources that are relevant to the issue under study, such as books on research methods, national and international journals, and so on. Adolescent girls' anemia was recognized to be impacted by certain activities, according to the findings of studies published in 11 reviewed journals.

Keywords: adolescent women, anemia, behavior

BACKGROUND

Low hemocrit readings and hemoglobin concentrations are signs of anemia, a disorder in which the blood's capacity to carry oxygen is diminished. This disease is typically brought on by a reduction in the number of red blood cells in circulation. The most prevalent cause of anemia worldwide is iron deficiency anemia (Robins and Cotran, 2018: 373). According to Laksanano, Siska, and Gayuh (2015), many teenage females experience anemia during their periods because they frequently neglect their bodies' requirement for iron. Teenage females' primary nutritional needs are for physical development and to replenish nutrients lost during menstruation (Gayuh, 2015). Anemia is a condition that frequently.

Lack of iron-containing foods can lead to anemia since iron is a crucial component of hemoglobin, which is brought on by an improper diet and irregular, imbalanced nutrition sources that the body needs (Kompasiana, 2017). Lethargy, weakness, exhaustion, and dizziness are among the symptoms that frequently appear. Anemia can occasionally present with non-obvious symptoms like fatigue during physical activity, trouble focusing, and forgetfulness. Unfortunately, the majority of victims are unaware of it and do not know. Generally speaking, when the symptoms become more noticeable, such as pale complexion, palpitations, lightheadedness, and difficulty breathing, a person starts to suspect anemia.

Adolescent girls must receive health education in order to improve their awareness of how to prevent anemia, which will help them behave appropriately. Doddy claims that, in general, dietary consumption is dependent on personal nutrition, which is impacted by behavior (Detik, 2016). In order to address all facets of iron deficiency and anemia, WHO has created a comprehensive package of public health initiatives, which include improving nutritional status, preventing and controlling other nutritional deficiencies, and increasing iron consumption (WHO, 2016). The author wishes to investigate "Behaviors that affect anemia in adolescent girls" in light of the aforementioned issues.

METHODS

The research method used in this study is the literature review method or library research, which involves searching, collecting, analyzing, and interpreting information from various written sources relevant to the research topic. These sources may include theoretical books, national and international journals, research reports, theses, dissertations, and official documents. The primary objective of this method is to understand existing theories and concepts, identify research gaps, assist in formulating research problems and hypotheses, and determine appropriate methodologies based on previous studies. The implementation of this method follows several steps, including defining the research topic, searching for relevant written sources from libraries or academic databases, analyzing the content of these sources, comparing various perspectives, and compiling a literature review as a theoretical foundation for the study. This method offers advantages such as time and cost efficiency and access to a wide range of perspectives from previous research. However, it also has limitations, such as dependence on available sources, the inability to test data directly in the field, and the potential for interpretative bias if the selected sources are not diverse. Despite these limitations, the literature review method remains an essential part of academic research as it provides a strong theoretical basis to support further studies.

RESULTS

The findings of article plagiarism using the keywords "Behavior, anemia in adolescent girls" yielded 2,950 articles from the Google Scholar database, 11,500 papers from SCOPUS, and 1,910 articles from Semantic Scholar, for a total of 16,360 meanings. Then, 16,360 papers that did not deal with "behavior, anemia in adolescent girls" were assessed based on the previous five years. In this way, 398 items have been identified. After that, 270 double articles were used to analyze the papers. The total number of articles was 110 after 270 were filtered once more to 128 and then assessed for items that had nothing to do with the search terms. After that, the articles will be narrowed down to 18 articles based on their entire text.

DISCUSSION

Adolescent girls exhibit varying behaviors in anemia prevention, with most demonstrating either good or moderate behavior. The incidence of anemia among adolescent girls is relatively high, with the majority experiencing mild anemia, while severe anemia is also present, albeit in smaller numbers. An analysis of behavior shows a significant influence on the occurrence of anemia in adolescent girls ($P \leq 0.005$). This is due to the higher nutritional needs during the growth period, while many adolescent girls restrict their food intake for body image concerns. The impact of anemia is substantial, including impaired cognitive function, difficulty concentrating in studies, and slower comprehension.

CONCLUSION

Adolescent girls exhibit varying behaviors in anemia prevention, with most demonstrating good or moderate behavior, while a small portion shows poor behavior. The incidence of anemia among adolescent girls is relatively high, with the majority experiencing mild anemia, while moderate and severe anemia are also present. An analysis of 11 articles shows a significant influence of behavior on the occurrence of anemia in adolescent girls ($P \leq 0.005$). For healthcare workers, efforts to promote health education regarding iron tablet consumption and anemia prevention need to be enhanced through counseling and various information media. Adolescent girls should also improve their knowledge and behavior regarding the regular consumption of iron tablets to prevent anemia. Furthermore, future research should explore additional variables related to behaviors that affect anemia in adolescent girls.

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