

***OVERVIEW OF NUTRITIONAL STATUS AND MENSTRUAL
PATTERNS OF ADOLESCENT GIRLS IN SMKN 1 TANJUNG
AGUNG MUARA ENIM DISTRICT***

SKRIPSI

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ABSTRACT

Adolescents are classified as a vulnerable group of nutritional problems that pose a risk to their health. The acceleration of growth and development of the body requires more energy. In addition, adolescents experience a change in lifestyle, with a greater propensity to experiment with food, resulting in an energy imbalance. One of the consequences of low nutritional status in adolescents is anaemia. According to the results of the 2018 Riskesdas, nationally, the number of people aged 5-14 years with anaemia was 26.4%, and the number of people aged 15-24 years with anaemia was 18.4%. While in the total population of the female population experiencing anaemia was 23.9%, so that the total population of Indonesia experiencing anaemia was 21.7%. This descriptive quantitative study aims to describe the nutritional status and menstrual patterns of adolescent girls with anaemia at SMKN 1 Tanjung Agung Kab. Muara Enim in 2024. The population in this study were all adolescent girls suffering from anaemia, namely 83 students and the number of samples was determined by total sampling technique. Data were collected by measuring body weight and height and age by Z-score table (IMT/U). Menstrual pattern data was obtained by interview questionnaire conducted in April - July 2024. Statistical analysis of the research data was done univariately, namely variables on nutritional status and menstrual patterns of adolescent girls. The results of the study showed that most of the students of SMKN 1 Tanjung Agung experienced abnormal nutritional status 14 (16.8%) and normal 69 (83.2%) and as many as 65 (78.4%) with normal menstrual patterns and 18 (21.6%) abnormal. Adolescents should increase their intake of nutrients, especially iron, and consume foods according to balanced dietary guidelines, accompanied by appropriate physical activity, to maintain the condition of the adolescent body is always healthy and active productive.

Keywords: anaemia, adolescent girls, menstrual pattern, nutritional status

