

## ABSTRACT



**ESA UNGGUL UNIVERSITY  
THE FACULTY OF HEALTH SCIENCE  
NUTRITIONAL SCIENCE COURSE  
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**THE DIFFERENCE LEARNING ACHIEVEMENT, ENERGI INTAKE, PROTEIN, VITAMIN C, IRON, TANIN CONSUMPTION, AND THE MENSTRUAL CYCLE IN ADOLESCENT GIRLS CLASS VII AND VIII BASED ON THE INCIDENT ANEMIA IN JUNIOR HIGH SCHOOL 220 WEST JAKARTA**

xvi, VI Chapters, 128 Pages, 22 Tables, 8 Pictures, 11 Attachment

**Background:** Anemia is a condition in which hemoglobin levels  $<12$  g / dl. Young women are one of the groups prone to anemia compared with young men. WHO states the prevalence of anemia in women in women of childbearing / productive age of 33.1%. Anemia has a negative effect on young women and when it occurs in the long term it will result in maternal death, prematurity, LBW, and perinatal death.

**Objective:** To know differences in learning achievement, energy intake, protein, vitamin C, tannin consumption, and menstrual cycle based on the incidence of anemia in young women

**Methods:** The study was conducted at SMP Negeri 220 West Jakarta with cross-sectional research design. The sample size was 112 respondents. Bivariate analysis using independent t-test, Mann Whitney and Chi-Square.

**Result:** Average of learning achievement, energy intake, protein, vitamin C, iron, tannin consumption and menstrual cycle were  $72,1 \pm 7,14$ ,  $1539,9 \pm 293,1$  kcal,  $48,9 \pm 11,9$  gram,  $49,9 \pm 18,9$  mg,  $18,8 \pm 4,4$  mg,  $39,5 \pm 1,5$  mg, and  $30 \pm 0,27$  days. Young women with irregular menstrual cycles of 18.8% and with regular menstrual cycles of 81.2%. Different test of independent test on difference of protein intake and learning achievement obtained p value = 0.005.

**Conclusion:** There are differences in protein intake and learning achievement based on the incidence of anemia. So it is necessary to be counseled about anemia done by the teacher with nutrition expert Puskesmas Duri Kepa and needed further research.

**Keywords:** Intake of nutrients, learning achievement, tannins, menstrual cycle.

**Reading List:** 89 (1973-2016).