# *THE RELATIONSHIP BETWEEN MENSTRUAL PATTERNS AND ANEMIA INCIDENCE IN ADOLESCENTS AT STATE HIGH SCHOOL 7 SURAKARTA*

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## *ABSTRACT*

***Background**: Anemia in adolescent girls remains a health problem that can be influenced by menstrual patterns. Menstrual patterns are assessed based on the menstrual cycle, duration of menstruation, and volume of menstrual bleeding. Abnormal menstrual patterns have the potential to increase blood loss, thereby increasing the risk of anemia. **Objective**: To determine the relationship between menstrual patterns and the incidence of anemia in adolescents at SMA Negeri 7 Surakarta. **Method**: This study used an observational analytical design with a cross-sectional approach. The sample consisted of 46 grade 10 female students selected using a cluster sampling technique. Menstrual pattern data were obtained through questionnaires, while anemia data were obtained from hemoglobin (Hb) level examinations. Data analysis used the Chi-Square test. **Results**: Of the 46 respondents, 29 respondents (63.0%) had abnormal menstrual patterns and 17 respondents (37.0%) had normal menstrual patterns. A total of 18 respondents (39.1%) had anemia and 28 respondents (60.9%) were not anemic. The results of the Chi-Square test with Continuity Correction showed a p-value of 0.049 ($p<0.05$) with an Odss Ratio value of 5.000. **Conclusion**: There is a significant relationship between menstrual patterns and the incidence of anemia in adolescents at SMA Negeri 7 Surakarta. Adolescents with irregular menstrual patterns have a five-fold greater risk of developing anemia compared to adolescents with normal menstrual patterns.*

***Keywords**: menstrual patterns, anemia, adolescent girls.*