

Determinant Behavioral Factors in Adolescent Anemia: Logistic Regression Analysis

Cucu Herawati*, Widya Rahma Muthia, Akim Dharmawan, Hendriyanto,
Laili Nurjannah Yulistiyana

Sekolah Tinggi Ilmu Kesehatan Cirebon, Indonesia
Teknik Biomedis Telkom University, Indonesia
Email: cucueherawatie@gmail.com

ABSTRACT

The incidence of anemia in the study location is the highest in Central Java, based on anemia screening among adolescent girls. Anemia during adolescence can negatively affect growth and development, brain function, learning capacity, and future reproductive health. Several factors may influence the occurrence of anemia in adolescents, including knowledge, habits, dietary practices, tea consumption, parental support, and participation in the school-based iron supplementation program TTD. This study aimed to analyze the role of behavioral determinants in the incidence of anemia among adolescents. This study employed a quantitative cross-sectional design. The population consisted of female tenth-grade students from public senior high schools and vocational high schools in East Tegal District, Tegal City, totaling 913 students. A sample of 90 respondents was selected using proportional random sampling. Data were collected through interviews and hemoglobin measurements. Data analysis was conducted using the Chi-square test and multivariate binary logistic regression. The results showed that tea consumption habits ($p = 0.015$), parental support ($p = 0.002$), and participation in the TTD consumption movement at school ($p = 0.008$) were significantly associated with the incidence of anemia in adolescents. Meanwhile, knowledge ($p = 0.098$) and consumption of iron-containing foods ($p = 0.377$) were not significantly associated with anemia. Parental support was identified as the most dominant factor, with a p -value of 0.005 and an odds ratio (OR) of 6.0. Collaboration between schools and community health centers is expected to strengthen parental education and anemia prevention efforts among adolescent girls.

KEYWORDS *knowledge, eating habits, habits drinking tea, parental support, ttd drinking movement, anemia incidence*



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INTRODUCTION

A teenager is aged 10 to 18 years (Syamaun, 2019). Population: The number of teenagers in Indonesia is 16.046% (Gilang Ramadhan, Umi Nurjanah, Nining Ardiyani Rahayu, Natasya, Marshela, Amril, 2025). The characteristics of adolescence, namely the search period identity, striving for acceptance in the environment, care with appearance, and social interaction, influence attitude (Zulfa

et al., 2019). A teenager is a time towards adulthood when they are greatly influenced by brain development, have more emotional tendencies, like challenges, and are vulnerable to doing dangerous things. Risky behavior is often related to poor health outcomes, so that teenagers become prone to to problem health problems, and nutrition is one of them (Permatasari et al., 2020). A quarter of Indonesian teenagers are short, 5% are too thin, 15% are overweight, and 23% of adolescent daughters suffer anemia (Rahmah Alamsyah & Ririn Andrias, 2016). Hemoglobin (Hb) levels in blood are low from normal, namely not enough from 12 grams per second, in adolescents over 12 years, known as anemia (Mubarok, 2023). Teenager daughter owns risk more tall than man For suffering condition This (Andhika, 2021).

According to the WHO in 2018, the prevalence of anemia in adolescent girls in the world is around 40 – 88%. In developing countries, the incidence of anemia in adolescent daughters reaches around 53.7% (Azizah Tulfauziah et al., 2024). Research results Health Base 2018 show that 26.8% of children ages 5–14 years suffer from anemia, and 32% at the age of 15–24 years. This means that 3 out of 10 teenagers in Indonesia suffer from anemia (Nidya Diramayana, Meri Neherta, Vetty Priscilla, 2020). Java percentage of teenage daughters 7th grade of junior high school and the 10th grade of senior high school in 2023 amounted to 30.74 % (Wahyuni, 2024).

Percentage results screening 2023 in Tegal City for teenagers daughter 2508 female students in grade 7 of junior high school, and 2615 female students in grade 10 of senior high school, showing that 58.33% (1458 people) are female students. 7th grade junior high school students suffer from anemia and 62.9% (1647 people) of female students 10th grade high school students suffer from anemia, or 60.60% of teenagers daughter 7th and 10th graders suffer from anemia (Udani & Murhan, 2025).

Activity results anemia screening in August – October 2024 for adolescents daughter class 7 as many as 2537 female students and class 10 as many as 2836 female students, showing results 36.54% (927 people) female students 7th grade junior high school and 35.30% (1001 people) female students A 10th grade high school student suffers from anemia. Tegal Timur District is an area with contributes the largest incidence of anemia in Tegal City.

One of reason often anemia is lack of intake foods that contain substance iron from source animal (Zulfa et al., 2019), habit drink tea Where content in tea can hinder absorption substance iron (Kusumawati et al., 2024), and exposure information health or knowledge (Suryani et al., 2020), There are 8.3 million from 12.1 million teenager princesses in Indonesia do not consuming Iron Supplement Tablets (TTD) (Nidya diramayana; Meri neherta; Vetty priscilla, 2020), teenager daughter in Central Java in 2023 only as much as 52.33% of teenagers daughter who consumes TTD (Udani & Murhan, 2025). 68.56% of teenage daughters consumed TTD in Tegal City in 2023, and 88.84% of teenage daughters consumed TTD in 2024.

Based on results research by Agustin et al. in 2023, obtained results as many as 41 respondents (56.2%) have intake foods that contain enough Fe, not There is none of them suffered from anemia as well of 32 respondents (43.8%) have Fe

intake is low, 21 respondents are suffering from anemia, shows there is connection between Fe intake with the incidence of anemia (Kusumawati et al., 2024).

Absorption substance iron will be disturbed when consumed together with tea and coffee, so that habitual drinking of tea/coffee can cause iron deficiency anemia (Mubarok, 2023). In line with results Kania et al. 's research on 113 respondents teenager daughter 2023 showed that 82 students (72.6%) rarely consume tea there is 73 students No suffering from anemia and 9 students experiencing anemia, and 31 students (27.4%) often drink tea 22 students are suffering from anemia and 9 students No experiencing anemia, there is connection between Fe consumption with anemia incidents (Kania Noviyanti Handini, 2023).

Exposure information or knowledge related to behavior, meaning the more many and healthful information health so will the more Good behavior his the health (Kundari et al., 2020). Research result Lili et al., on 162 respondents female students shows that 82 respondents (50.6%) know Good there were 77 respondents not anemic, 5 respondents experienced anemia and 80 respondents (49.4%) knew not enough Good there were 68 people experiencing anemia, there were connection between knowledge with the incidence of anemia in adolescents daughter (Suryani et al., 2020). Compliance increased tablet consumption blood blood-related to parental support. Wahyu's 2023 research, on 123 junior high school students, showed that as many as 106 female students did not take Fe tablets, 66 female students experienced anemia, and there was a connection between compliance with consuming Fe tablets with anemia incidents (Astuti et al., 2024).

Prolonged anemia in adolescent daughters can result in a decline in productivity at work, and an increased risk of complications moment pregnancy and childbirth, bleeding, premature labor, disorders development babies (LBW), and even stunting. Research can give input for proper health in determining intervention promotion, and proper health to countermeasures of anemia in adolescents. Provide information for teenagers to increase the pattern of eating a nutritionally balanced diet, reduce the habit of drinking tea, promote health, and improve compliance with taking more tablets for blood, so as to have behavior positive behavioral impact on good health outcomes. The purpose of this research is to analyze the role of determinant behavior in the incidence of anemia in adolescents.

RESEARCH METHOD

Types of research use a quantitative study design, *cross-sectional*. Independent variables that include knowledge, habits Eat eating habits, habit of drinking tea, parental support, and movement, taking more tablets blood together at school. Variables dependent on the study: This is the incidence of anemia. The population is female students. The number of 10th-grade students of State Senior High Schools and Vocational High Schools in the East Tegal District, Tegal City, in 2024 was 913, and the sample was as many as 90. The sampling method uses a *proportional random sample*. Criteria for inclusion in study This that is Student class 10 of State Senior High School/Vocational High School, and Female gender.

Criteria exclusion: accept transfusion blood in 3 months, lastly, cannot communicate with good, and not domiciled in the East Tegal District, Tegal City.

Instrument study in the form of tool Hb examination (hemocue) and questionnaire for dig knowledge, habits eating, habits drinking tea, and supporting family. The data collection method is an interview to get information about the knowledge of teenagers, their eating habits, drinking tea, supporting their family, as well as the movement to take more tablets together at school. The incidence of anemia in adolescent daughters results from measuring hemoglobin levels in blood. The questionnaire in this study used a standard questionnaire from previous research results, so no further validity and reliability tests were carried out. Data analysis using the *Chi-Square* test and *logistic regression* with level 95% confidence level. And look at the most related independent variables. With the incidence of anemia using the mark *Exp B (Exponential B)* or the largest *odds ratio*. The basis for selecting the Chi-Square test and logistic regression was chosen because the data scale was categorical.

Research. This has applied principles of ethics research and obtained permission from the Institute for Development, Research, and Community Service to the Community (LP3M) STIKes Cirebon, with the number permit 134/B/STIKes Crb /IX/2024. The ethical principles applied in this research activity are: respect for human dignity, respect for privacy and confidentiality, respect for justice and inclusiveness, and balancing rights and benefits.

RESULT AND DISCUSSION

Table 1. Frequency Distribution of Anemia Incidence, Knowledge Level, Eating Habits of Foods Containing Iron, and Eating Habits, Tea Drinking, Parental Support, and the Adolescent Iron Tablet Movement

Variables	Frequency	Percentage (%)
HB Level Status		
Anemia	18	20.00
No Anemia	72	80.00
Knowledge		
Not good	52	57.7
Good	38	42.3
Eating Habits		
Not enough	65	72.22
Enough	25	27.78
Habit Drinking tea		
Not good	35	38.89
Good	55	61.11
Support Family		
not good	39	43.33
Good	51	56.66
Movement to drink TTD together at school		
not good	25	27.8
Good	65	72.2
Total	90	100

Based on Table 1 shows that there were 72 female students (80%) who were not anemic and 18 female students (20 %) who were anemic. Respondents who knew not enough Good as many as 52 female students (57.7%), respondents with habit Eat not enough contain substance iron as many as 65 female students (72.22%), respondents with habit drink tea not enough Good as many as 35 female students (38.89%), respondents with support family not enough Good as many as 39 female students (43.33%), and respondents with movement drinking TTD at a good school as many as 65 female students (72.2%).

Table 2. Relationship between Knowledge Level, Habit of Eating Foods Containing Iron, Habit of Drinking Tea, Parental Support, Movement to Drink Iron Tablets, with the incidence of anemia in adolescents

Variables	The incidence of anemia in the female students in class X				Total	P Value
	Anemia	%	No Anemia	%		
Knowledge						
Not good	14	26.9	38	73.1	52	0.098
Good	4	10.5	34	89.5	38	
Eating Habits						
Not enough	15	23.1	50	76.9	65	0.377
Enough	3	12	22	88	25	
Habit Drinking tea						
Not good	12	34.3	23	65.7	35	0.015
Good	6	10.9	49	89.1	55	
Parental Support						
Not good	14	35.9	25	64.1	39	0.002
Good	4	10.2	47	92.2	51	
TTD Drinking Movement at School						
Not good	10	40	15	60	25	0.008
Good	8	12.3	57	87.7	65	
Total	18	20	72	80	90	

Based on Table 3, it was found that respondents with knowledge Good as many as 38 female students, 34 female students (89.5%) were not anemic and respondents who knew not enough Good as many as 52 female students and 38 female students (73.1%) were not anemic, p- value 0.098, meaning No There is connection between knowledge with anemia incidence. Respondents with a habit of eating foods that contain Sufficient iron . Of the 25 female students, 12 were not anemic (88%). And respondents with habit food containing Iron deficiency , as many as 65 students were not anemic, as many as 50 students (76.9%), p-value 0.377, indicating that there is no connection between habit eating with anemia

incidence. Respondents with a habit drink tea Good As many as 55 female students suffered from anemia, 6 of whom (10.9%) and respondents with habit drink tea not enough Good as many as 35 people, of which 12 people (34.3%) suffered from anemia, the value *P-Value* 0.015 indicates existence connection between habit drink tea with the incidence of anemia.

Respondents with support family Good as many as 51 female students, 4 of whom suffered from anemia (7.8%), and respondents with support not enough Good as many as 39 female students, 14 of whom suffered from anemia (35.9%). The value *P-P-Value* 0.002 indicates the existence connection between support family with anemia incidence. Respondents with movement drinking TTD at school category Good as many as 65 female students, of which 8 female students (12.3%) suffered from anemia and respondents with movement drinking TTD at school not enough Good As many as 25 female students suffered from anemia, 10 of whom were female students (40%), grades *P-Value* 0.008, indicating existence connection between support family with the incidence of anemia.

Table 3. Modeling logistic regression first

Independent Variable	Variables in the Equation					95% CI		
	B	SE	Wald	df	Sig	Exp (B)	Lower	Upper
Knowledge	0.789	0.722	1,195	1	0.274	2,202	0.535	9,066
Eating Habits	1,243	0.829	2,248	1	0.134	3,467	0.683	17,615
Habit drink tea	1.5	0.676	4.92	1	0.027	4,483	1,191	16.88
Support family	1,467	0.691	4,499	1	0.034	4,335	1,118	16,809
TTD drinking movement	1,573	0.647	5,906	1	0.015	4,821	1,356	17,141

Based on Table 3, known that there are 3 variables related independently in a way significant on the dependent variable. These variables are habitually drinking tea with mark *p - p-value* 0.027, support family mark *p - p-value* 0.034, and movement drink TTD together at school with mark *p-value* 0.015.

Table 4. Modeling regression logistics final

Variables	B	P-Value	OR	95% CI	
				Lower	Upper
1 Parental Support	1,792	0.005	6,000	1,715	20,994
TTD drinking	1,440	0.015	4,222	1,319	13,520
2 movement					

Based on Table 4. The most related variables are known with the incidence of anemia, which is parental support, with a marked *p-value* of 0.005 and has an OR value of 6,000. This means lack of parental support increases the incidence of anemia is 6 times higher than among students who receive good parental support.

Knowledge of anemia incidents

Research result obtained No. There is a connection between knowledge with the incidence of anemia (p-value 0.098), according to with study from Umriaty 2020. However, there is no connection between exposure information with behavior anemia (Umriaty & Nisa, 2022).prevention

Thoughts and feelings of a person, a person who becomes a role model, source or supporting facilities , behavior, and culture public are four factors affecting behavior (Syamaun, 2019). Teenagers are complex and prone individuals , following emotions and influences. Friends and peers, rather than following logic, so that although knowledgeable, Good However Not yet Of course have positive behavior to health (Gilang Ramadhan; Umi Nurjanah; Nining Ardiyani Rahayu; Natasya; Marshela; Amril, 2025).

Condition culture and environment schools at the research location, where there are a lot of jumbo iced tea sellers, and only distance is not more than 50 meters from one iced tea seller to iced tea seller another. Where is the tea? It is one of the inhibitors of absorption. Here, the role of school is very big; some big schools, high school level or equivalent, have implemented and executed movement drinking TTD together and education education nutrition called 1 week Nutrition Action very so that although female students with knowledge not enough Good still abundant and not anemic.

If there is are imbalance between strength driving force and power retention, behavior man can be changed (Zulfa et al., 2019). If a strength driver raised through movement drink TTD together in school and education education nutrition, whereas factor retainer Still still, then still will happen change behavior, prevention of anemia in female students who consume TTD regularly for 1 week.

Habit food containing iron to reduce anemia incidents

Research result obtained No. There is a connection between eating Eat with the incidence of anemia (p-value 0.377), in line with with study by Afishar Akib 2017 on students show There is no connection between adequate consumption of food containing iron with the incidence of anemia in adolescent daughters (Akib & Sumarmi, 2017).

Habit food containing iron is one of the important factors in hemoglobin formation. Deficient intake substance iron, especially in adolescents, can hinder the formation cell blood red to that potential causes iron deficiency anemia. Consumption of food source substances iron, like red meat, liver, chicken, fish, vegetables, greens, and nuts, should contribute to the prevention of anemia(Vieta Annisa Nurhidayati; Ali Khomsan; Hadi Riyadi; Guntari Prasetya; Annisa Rizkiriani; Ria Amelia, 2025). However, results of studies show that there is a meaningful relationship between habitually consuming food containing iron with the incidence of anemia. This indicates that the factor habit Eat substance iron is not the only determinant of hemoglobin levels in respondents. Deficient intake substance iron is not always manifested with anemia, a condition called Iron Deficiency Without Anemia (IDCA). For diagnosis matter the must-do inspection advanced that is inspection laboratory level serum ferritin(Permatasari et al., 2020).

In the research, as many as 65 female students with insufficient intake substance iron through measurement of habitual eating, 15 female students suffered from anemia, and 50 others were not anemic. This can happen because animal protein intake consumed by female students is Already Enough. However, no assessment in research. This, as well as female students, keep taking TTD regularly for a week at school because it is a routine agenda.

Habit of drinking tea with anemia incidents

Research results obtained an existence connection between habit drink tea with the incidence of anemia (p-value 0.015), in line with study Kania et al in 2023, showed that 31 students (27.4%) often drinking tea, 22 students experiencing anemia, there is connection between consumption Fe inhibitor with incidence of anemia (p-value 0.000) (Kania Noviyanti Handini, 2023).

The absorption substance iron in the body is influenced by inhibitor factors, namely, food or drinks containing tannin (tea, coffee), phytate, and calcium. So that consuming food mainly (carbohydrates, protein, fat, vitamins, minerals) together with tea, coffee, milk will hinder the absorption of nutrients from food (Rahmah Alamsyah & Ririn Andrias, 2016).

Component consistent and persistent behavior in a way automatic. Habit results from long-standing and related prevalence with hereditary customs (Mubarok, 2023). When seen returning to the culture community at the research location, drinking tea at the moment breakfast, eating lunch and dinner, Evening is almost a culture, it is said mandatory, then with this study, this proves the existence connection between drinking tea with the incidence of anemia.

Parental support with anemia incidents

Research results show an existing connection between supporting families with anemia incidents (P – P-Value 0.002), in line with research conducted by Parlin Dwiyanana et al, on 96 teenage daughters, showing that there is a connection between parental support in increased tablet consumption and blood. The results of research by Albery and Irianti (2019) show that parental support is required to strengthen the intention of teenage daughters to consume TTD(Dwiyanana et al., 2024).

Formation character, attitude, and behavior originate from the family environment, especially the education implemented by parents to their child. The nuclear family is the environment that a person first becomes acquainted with. So that parents are the main support system main to behavioral health, which results in health status (Andhika, 2021). Not quite enough answers for parents protecting child, including nurturing, looking after, educating, and protecting children, and growing child in accordance with abilities, talents, and desires they (Azizah Tulfauziah et al., 2024).

Parental support in the Prevention and management of anemia in female students is very important because parents play a role in care, fulfilling nutrition, providing input, views, support in a way, morale, and providing material things to their children. So parental support has a connection with the incidence of anemia in female students.

Movement to drink TTD together at school with anemia incidents

Research results show an existing connection between movement drink TTD together at school with anemia incidents (P–P-Value 0.008), in line with Evi Nilawati's research, obtained results 56% of respondents have their own positive behavior to prevent anemia, in the entire Nutrition Action program pushes prevention of anemia in adolescent daughters (Nilawati et al., 2024).

One of the change strategies behavior that is to use strength regulation or regulations. Where UNICEF works, the same with the Ministry of Health developing a joint TTD drinking movement at school (Anggreiniboti, 2022).

Nutritional Action Activities, which are transformational movements, take more tablets of blood together at school. Nutrition Action Movement has 3 components: intervention, namely additional tablets for blood, education nutrition for increasing knowledge about nutrition and health, communication, for changing behavior, and for increasing commitment, coordination, and communication. Good participants, stakeholders, policies, teachers, and supportive community (Rahmah Alamsyah & Ririn Andrias, 2016).

This Nutritional Action Activity is done once 1 week at school junior high and high school levels. Implementation efforts to habituate to drinking TTD together at school can contribute to compliance with drinking TTD and reduce the incidence of anemia in adolescent daughters.

The most dominant variable related to anemia

Research results show that there is a meaningful relationship between supporting families with anemia in adolescents, with a p-value of 0.005 and the value Odds Ratio (OR) of 6,000. This shows that teenagers who don't get support family own anemia six times more big experience anemia compared than teenagers who get support family Good.

In line with the results study, Marfiah 2022 in 89 respondents mentions that support for family-owned OR value of 7.750 against behavior prevention of anemia. It means supporting the family, influential 7,750 times in the effort to prevent anemia in adolescent daughters. Nanda's 2019 research stated that support family own OR value 4.180 with compliance adolescent TTD consumption princess, which means good parental support has a chance to increase the opportunity compliance drink TTD 4 times more than those who don't get support.

Family-centered intervention is an effective strategy in preventing anemia in adolescents in developing countries. Supporting family is assessed as more influential compared to individual education. Because a teenager is still in a phase of dependence on decision family in matters pattern food and health (Nidya Diramayana; Meri Neherta; Vetty Priscilla, 2020).

Support social , especially from family , including emotional , instrumental, informational , and rewarding. Support plays an important role in influencing the behavior of healthy individuals, including in preventing anemia. Teenagers who feel cared for, motivated, and supervised by the family tend own comply more tall in consuming nutritious and supplementary tablets blood (TTD)(Wahyuni, 2024).

Support family is factor reinforcing factor that reinforces intentions and actions for someone to behave healthily. Support in the form of advice, attention to pattern eating, and examples from parents can push a teenager to adopt behavior, eat nutritious, balanced, and attentive intake substance iron (Udani & Murhan, 2025).

In a way, high influence support family shows that social and psychological own a great contribution to the nutritional status of teenagers, not only biological or economic factors alone. Support family influence, motivation, and compliance of teenagers to behave healthily, like TTD consumption, consuming vegetables, meat, and red meat, and avoiding drinking tea /coffee after food, which can hinder the absorption substance iron.

Based on results analysis and comparison with previous studies, researchers assume that supporting the family plays a role as a determinant of social health, the strongest in preventing anemia in adolescents. This is because family is the environment closest that forms behavior, knowledge, and compliance in teenagers to habit nutrition.

The OR value of 6,000 indicates that the effect supports family, far stronger compared to other variables in the research model. Thus, researchers conclude that intervention to prevent anemia will be more effective if involving families in an active way in every health program for teenagers, through UKS, Posyandu activities for Teenagers, as well as promoting nutrition in schools. Researchers also assume that low-support families are often influenced by a lack of parental knowledge about anemia and patterns of inadequate care notice aspects of nutrition in teenagers. Therefore, the effort to improve literacy, nutrition, and family empowerment family become an important focus in policy prevention of anemia in Indonesia.

CONCLUSION

Among 90 female tenth-grade students, 18 (20%) had anemia and 72 (80%) did not. Poor knowledge affected 52 students (57.67%), inadequate iron-containing food consumption affected 65 (72.22%), suboptimal tea-drinking habits affected 35 (38.89%), insufficient parental support affected 39 (43.33%), and low participation in the school-based TTD drinking movement affected 35 (36.87%). No significant associations were found between knowledge ($p = 0.098$) or iron-rich food consumption ($p = 0.377$) and anemia incidence, whereas tea-drinking habits ($p = 0.015$), parental support ($p = 0.002$), and TTD participation ($p = 0.008$) showed significant relationships. Parental support emerged as the dominant factor ($p = 0.005$; OR = 6.0). Schools should provide anemia prevention education, restrict tea sales in canteens during meals, and sustain TTD campaigns. For future research, longitudinal studies could explore the sustained impact of combined school-parental interventions on anemia prevalence and hemoglobin levels in diverse adolescent populations.

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