

OVERVIEW OF ANAEMIA RISK AND QUALITY OF LIFE AMONG STUDENTS IN URBAN AREAS

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Anemia, Quality of life, Students, Urban	<i>Anemia is a condition where the haemoglobin level in the blood is below normal. The incidence of anaemia among adolescent girls remains high. According to the WHO (2025), the global prevalence of anaemia is estimated at around half a billion women aged 15-49 years. In 2019, 30% of non-pregnant women were affected. Anaemia in college students can impact quality of life and cause physical impacts such as decreased concentration, fatigue, and reduced productivity in both academic and daily activities. Students are a vulnerable group for anaemia because they are in their productive age, often lacking in nutritional intake. This study used a survey with a questionnaire involving 30 students in an urban area, selected through random sampling. Anaemia risk levels were categorized as low, moderate, and high. Quality of life was measured using the WHOQOL-BREF instrument, which covers physical, psychological, social, and environmental domains. The results showed that the majority of respondents (76.7%) were in the moderate anaemia risk category, 23.3% were in the low-risk category, and none were at high risk. Overall, the quality of life of the students was considered good across all domains measured. The research findings indicate a correlation between anaemia risk levels and students' quality of life. Respondents with a moderate risk of anaemia demonstrated adequate quality of life in both physical and psychological domains. Meanwhile, respondents with a low risk of anaemia tended to have a better balance in physical aspects, supported by a conducive living environment, thus positively contributing to quality of life.</i> <i>Keywords: Anemia; Quality of life; Students; Urban</i>
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