Abstrak

**HUBUNGAN DENSITAS ENERGI DAN DENSITAS ZAT GIZI
DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI
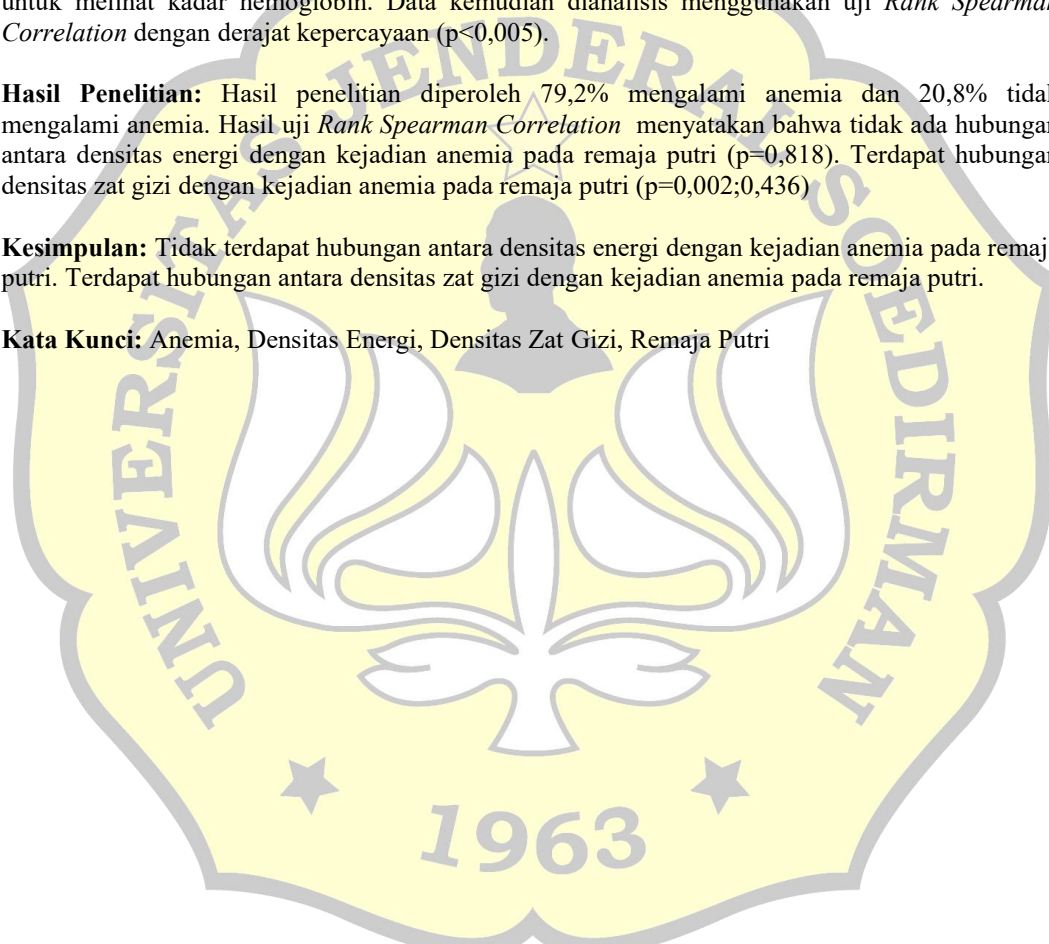DI MAN 2 BANYUMAS**

Latar Belakang: Anemia adalah masalah gizi yang sering terjadi pada remaja putri. Remaja putri dalam masa tumbuh kembang memerlukan asupan zat besi lebih tinggi karena mengalami menstruasi setiap bulan. Remaja putri masih cenderung sering mengonsumsi makanan berdensitas energi tinggi tetapi memiliki densitas zat gizi rendah. Tujuan penelitian untuk mengetahui hubungan densitas energi dan densitas zat gizi dengan kejadian anemia pada remaja putri di MAN 2 Banyumas.

Metode: Penelitian *Cross Sectional* pada 48 siswi di MAN 2 Banyumas di Juni 2024 dengan memperhatikan kriteria inklusi dan eksklusi. Pengambilan data melalui kuesioner karakteristik responden, *food recall 2x24 h* untuk melihat asupan makan responden, dan pengambilan darah untuk melihat kadar hemoglobin. Data kemudian dianalisis menggunakan uji *Rank Spearman Correlation* dengan derajat kepercayaan (p<0,005).

Hasil Penelitian: Hasil penelitian diperoleh 79,2% mengalami anemia dan 20,8% tidak mengalami anemia. Hasil uji *Rank Spearman Correlation* menyatakan bahwa tidak ada hubungan antara densitas energi dengan kejadian anemia pada remaja putri (p=0,818). Terdapat hubungan densitas zat gizi dengan kejadian anemia pada remaja putri (p=0,002;0,436)

Kesimpulan: Tidak terdapat hubungan antara densitas energi dengan kejadian anemia pada remaja putri. Terdapat hubungan antara densitas zat gizi dengan kejadian anemia pada remaja putri.

Kata Kunci: Anemia, Densitas Energi, Densitas Zat Gizi, Remaja Putri

Abstract

THE CORRELATION BETWEEN ENERGY DENSITY AND NUTRIENT DENSITY WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS IN MAN 2 BANYUMAS

Background: Anemia is a nutritional problem that often occurs in adolescent girls. Adolescent girls who are in a period of growth and development need higher iron intake because they experience menstruation every month. Adolescent girls still tend to consume foods with high energy density but have low nutrient density. The purpose of this study was to determine the relationship between energy density and nutrient density with the incidence of anemia in adolescent girls at MAN 2 Banyumas.

Methods: Cross-sectional study on 48 female students at MAN 2 Banyumas in June 2024 by observing the inclusion and exclusion criteria. Data were collected through a respondent characteristic questionnaire, 2x24-hour food recall to see the respondent's food intake, and blood collection to see hemoglobin levels. Data were then analyzed using the Spearman Rank Correlation test with a degree of confidence ($p < 0.005$).

Results: The results showed that 79.2% were anemic and 20.8% were not anemic. The results of the Rank Spearman Correlation test stated that there was no relationship between energy density and the incidence of anemia in adolescent girls ($p = 0.818$). There is a relationship between nutrient density and the incidence of anemia in adolescent girls ($p = 0.002$; 0.436).

Conclusion: There was no correlation between energy density and the incidence of anemia in adolescent girls. There was correlation between nutrient density and the incidence of anemia in adolescent girls.

Keywords: Anemia, Adolescent Girl, Energy Density, Nutrient Density