**ABSTRAK**

**HUBUNGAN POLA MAKAN SUMBER ZAT BESI DAN KEBIASAAN KONSUMSI TEH DENGAN STATUS ANEMIA DEFISIENSI ZAT BESI**
**(Studi pada Remaja Putri di MAN 2 Banyumas)**

**Latar Belakang:** Anemia defisiensi zat besi dipengaruhi oleh beberapa faktor seperti pola makan dan gaya hidup. Remaja masih jarang mengonsumsi makanan sumber zat besi sementara itu mengonsumsi teh sudah menjadi tradisi dikalangan remaja. Tujuan penelitian ini adalah mengetahui hubungan pola makan sumber zat besi dan kebiasaan konsumsi teh dengan status anemia defisiensi zat besi.

**Metodologi :** Penelitian ini menggunakan desain *cross-sectional* pada 90 remaja putri di MAN 2 Banyumas, pengambilan sampel dengan metode *proportional random sampling*. Instrumen pengambilan data menggunakan kuesioner karakteristik responden, formulir *food frequency questionnaire (FFQ)* dan kuesioner kebiasaan konsumsi teh. Data dianalisis menggunakan uji *chi-square.*

**Hasil:** Hasil penelitian diperoleh 50% memiliki pola makan sumber zat besi tidak baik dan 50% memiliki pola makan sumber zat besi baik, 25,6% responden sering konsumsi teh dan 74,4% responden jarang konsumsi teh. Hasil uji *chi-square* menyatakan terdapat hubungan antara pola makan sumber zat besi dengan status anemia defisiensi zat besi ($p$=0,027) dan tidak terdapat hubungan antara kebiasaan konsumsi teh dengan status anemia defisiensi zat besi ($p$=0,187).

**Kesimpulan:** Terdapat hubungan antara pola makan sumber zat besi dengan status anemia defisiensi zat besi. Tidak terdapat hubungan antara kebiasaan konsumsi teh dengan status anemia defisiensi zat besi.

**Kata Kunci:** Zat Besi, Teh, Status Anemia
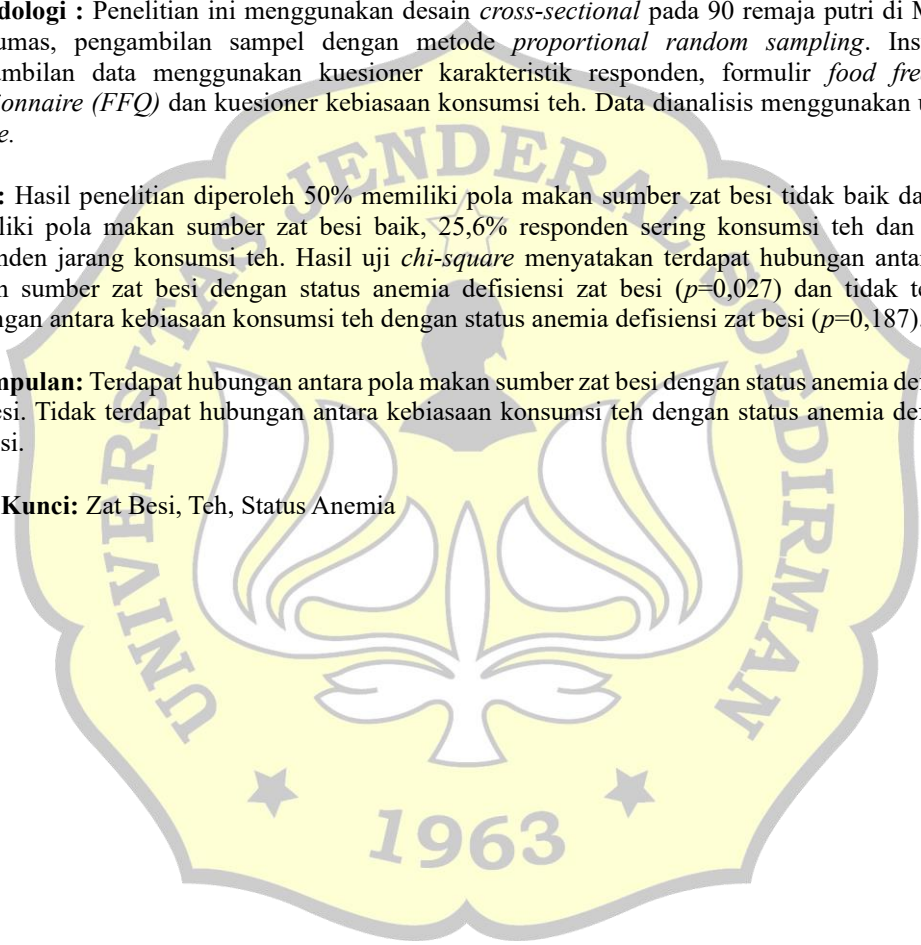
# ABSTRACT

## THE RELATIONSHIP BETWEEN IRON SOURCE DIET AND TEA CONSUMPTION HABITS WITH IRON DEFICIENCY ANEMIA STATUS
### (Study on Adolescent Girls in MAN 2 Banyumas)

**Background:** Iron deficiency anemia is influenced by several factors such as diet and lifestyle. Adolescents still rarely consume foods that are sources of iron while consuming tea has become a tradition among adolescents. The purpose of this study was to determine the relationship between dietary patterns of iron sources and tea consumption habits with iron deficiency anemia status.

**Methodology:** This study used a cross-sectional design on 90 female adolescents at MAN 2 Banyumas, sampling using the proportional random sampling method. Data collection instruments used a respondent characteristic questionnaire, a food frequency questionnaire (FFQ) form and a tea consumption habit questionnaire. Data were analyzed using the chi-square test.

**Results:** The results of the study showed that 50% had a poor dietary pattern of iron sources and 50% had a good dietary pattern of iron sources, 25.6% of respondents often consumed tea and 74.4% of respondents rarely consumed tea. The results of the chi-square test stated that there was a relationship between dietary patterns of iron sources and iron deficiency anemia status ($p = 0.027$) and there was no relationship between tea consumption habits and iron deficiency anemia status ($p = 0.187$).

**Conclusion:** There was a relationship between dietary iron sources and iron deficiency anemia status. There is no relationship between tea consumption habits and iron deficiency anemia status.

**Keywords:** Iron, Tea, Anemia Status