

ABSTRAK

HUBUNGAN TINGKAT KECUKUPAN ZAT BESI, PROTEIN, VITAMIN C, DAN STATUS GIZI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI MAN 2 BANYUMAS

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Latar Belakang: Remaja putri merupakan kelompok yang rentan terhadap anemia defisiensi besi. Salah satu penyebabnya adalah keinginan untuk memiliki berat badan ideal sehingga mereka melakukan diet yang salah dengan membatasi asupan makanannya. Anemia adalah kondisi ketika kadar hemoglobin berada dibawah nilai standar rujukan <12 g/dL. Salah satu komponen utama pada pembentukan hemoglobin adalah zat besi. Penyerapan zat besi dapat dipengaruhi oleh protein dan vitamin C. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan zat besi, protein, vitamin C, dan status gizi dengan kejadian anemia.

Metodologi: Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross-sectional*. Sampel penelitian adalah siswi MAN 2 Banyumas sejumlah 90 orang dengan menggunakan Teknik *simple random sampling*. Data Tingkat kecukupan zat besi, protein, dan vitamin C diperoleh menggunakan formulir SQ-FFQ. Data status gizi diperoleh dari pengukuran antropometri menggunakan microtoise dan timbangan digital. Data kadar hemoglobin diperoleh menggunakan alat easy touch GCHB. Analisis bivariat menggunakan uji chi square dengan $p < 0,05$.

Hasil: Sebanyak 83,3% remaja putri mengalami anemia. Mayoritas responden memiliki tingkat kecukupan zat besi dan protein yang cukup, dan kekurangan vitamin C. Hasil analisis bivariat menunjukkan terdapat hubungan antara tingkat kecukupan zat besi dengan kejadian anemia ($p=0,032$), tingkat kecukupan protein dengan kejadian anemia ($p=0,031$), tingkat kecukupan vitamin C dengan kejadian anemia ($p=0,001$), dan tidak terdapat hubungan antara status gizi dengan kejadian anemia ($p=0,557$).

Kesimpulan: terdapat hubungan antara tingkat kecukupan zat besi, protein dan vitamin C dengan anemia, namun tidak terdapat hubungan antara status gizi dengan kejadian anemia.

Kata kunci: Zat besi, protein, vitamin C, status gizi, anemia

ABSTRACT

THE RELATIONSHIP BETWEEN SUFFICIENCY LEVEL OF IRON, PROTEIN, VITAMIN C, NUTRITIONAL STATUS AND ANEMIA IN ADOLESCENT GIRLS AT MAN 2 BANYUMAS

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Background: Adolescent girls are vulnerable to iron deficiency anemia. One of the causes is the desire to have an ideal body weight so that they make the wrong diet by limiting their food intake. Anemia is a condition when hemoglobin levels are below the reference standard value of <12 g/dL. One of the main components in the formation of hemoglobin is iron. Iron absorption can be influenced by protein and vitamin C. This study aims to determine the relationship between the level of iron, protein, vitamin C, and nutritional status with the incidence of anemia.

Methodology: This study used an observational analytic method with a cross-sectional approach. The research sample was 90 female students of MAN 2 Banyumas using *simple random sampling* technique. Data on iron, protein, and vitamin C adequacy levels were obtained using the SQ-FFQ form. Nutritional status data were obtained from anthropometric measurements using microtoise and digital scales. Hemoglobin level data were obtained using the easy touch GCHB tool. Bivariate analysis used chi square test with $p < 0.05$.

Results: A total of 83.3% of adolescent girls were anemic. The majority of respondents had adequate levels of iron and protein, while vitamin C were deficient. The results of bivariate analysis showed that there was a relationship between the level of iron adequacy with the incidence of anemia ($p=0.032$), the level of protein adequacy with the incidence of anemia ($p=0.031$), the level of vitamin C adequacy with the incidence of anemia ($p=0.001$), and there was no relationship between nutritional status with the incidence of anemia ($p=0.557$). as a relationship between the level of iron adequacy with the incidence of anemia ($p=0.032$), the level of protein adequacy with the incidence of anemia ($p=0.031$), the level of vitamin C adequacy with the incidence of anemia ($p=0.001$), and there was no relationship between nutritional status with the incidence of anemia ($p=0.557$).

Conclusion: There was a significant relationship between the sufficiency level of iron, protein and vitamin C and anemia, but there is no relationship between nutritional status and the incidence of anemia.

Keywords: iron, protein, vitamin C, nutritional status, anemia