Abstrak

HUBUNGAN FREKUENSI DAN WAKTU KONSUMSI *ENHANCER* DAN *INHIBITOR* ZAT BESI DENGAN KEJADIAN ANEMIA DEFISIENSI BESI (Studi pada Remaja Putri di SMK Muhammadiyah 1 Purwokerto)

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Latar Belakang: Anemia defisiensi besi masih menjadi masalah kesehatan utama pada remaja putri di wilayah Purwokerto Barat dengan prevalensi sebesar 59,3%. Anemia defisiensi besi disebabkan oleh asupan inadekuat, menstruasi bulanan, jarang konsumsi *enhancer* dan mengonsumsi *inhibitor* zat besi bersamaan dengan makanan sumber zat besi. Penelitian ini bertujuan untuk mengetahui hubungan antara frekuensi dan waktu konsumsi *enhancer* dan *inhibitor* zat besi dengan kejadian anemia defisiensi besi.

Metodologi: Desain penelitian menggunakan observasional analitik dengan pendekatan *cross sectional* pada 89 siswi kelas X di SMK Muhammadiyah 1 Purwokerto. Sampel dipilih menggunakan teknik *proportional purposive sampling*. Pengumpulan data frekuensi konsumsi *enhancer* dan *inhibitor* zat besi menggunakan *Food Frequency Questionnaire* (FFQ) serta *Food Recall* 24-*hour* untuk waktu konsumsinya. Data dianalisis menggunakan uji *Chi-Square* dengan derajat kepercayaan 95%.

Hasil Penelitian: Sebagian besar responden sering mengonsumsi *enhancer* zat besi (52,8%) dan *inhibitor* zat besi (53,9%). Sebagian besar responden mengonsumsi *enhancer* bersamaan dengan waktu makan utama (77,5%) dan *inhibitor* <1 jam setelah makan (86,5%). Kejadian anemia defisiensi besi sebesar 39,3%. Hubungan antara frekuensi konsumsi *enhancer* (p=0,016; PR=0,254) dan *inhibitor* zat besi (p=0,008; PR=0,283), serta waktu konsumsi *enhancer* (p=0,653) dan *inhibitor* zat besi (p=1,000) dengan kejadian anemia defisiensi besi.

Kesimpulan: Terdapat hubungan yang signifikan antara frekuensi konsumsi *enhancer* dan *inhibitor* zat besi dengan kejadian anemia defisiensi besi. Tidak terdapat hubungan antara waktu konsumsi *enhancer* dan *inhibitor* zat besi dengan kejadian anemia defisiensi besi.

Kata kunci: Frekuensi, Waktu, *Enhancer*, *Inhibitor*, Anemia Defisiensi Besi, Remaja Putri.

Abstract

RELATIONSHIP BETWEEN FREQUENCY AND TIME OF CONSUMPTION OF IRON ENHANCERS AND INHIBITORS WITH THE INCIDENCE OF IRON DEFICIENCY ANEMIA (Study on Adolescents Girls at SMK Muhammadiyah 1 Purwokerto)

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Background: Iron deficiency anemia is still a major health problem among adolescent girls in West Purwokerto, with a prevalence of 59.3%. It is influenced by inadequate intake, monthly menstruation, infrequent consumption of enhancers, and consuming iron inhibitors together with iron-rich foods. This study aimed to determine the relationship between the frequency and timing of enhancer and inhibitor consumption with the incidence of iron deficiency anemia.

Methods: This research design used analytical observation with a cross-sectional approach on 89 female students in grade X at SMK Muhammadiyah 1 Purwokerto. The sample was selected using proportional purposive sampling. Data frequency of iron enhancer and inhibitor consumption was collected using a Food Frequency Questionnaire (FFQ) and a 24-hour Food Recall for consumption time. Data was analyzed using the Chi-Square test with a confidence level of 95%.

Results: Most respondents frequently consumed iron enhancers (52.8%) and iron inhibitors (53.9%). Most respondents consumed enhancers with their main meals (77.5%) and consumed inhibitors <1 hour after eating (86.5%). The incidence of iron deficiency anemia was 39.3%. Relationship between the frequency of consumption of enhancers (p=0.016; PR=0.254) and iron inhibitors (p=0.008; PR=0.283), along with the timing of consumption of enhancers (p=0.653) and iron inhibitors (p=1.000) with the incidence of iron deficiency anemia.

Conclusion: There was a significant association between the frequency of iron enhancer and inhibitor consumption with the incidence of iron deficiency anemia. There was no association between the timing of iron enhancer and inhibitor consumption with the incidence of iron deficiency anemia.

Keywords: Frequency, Time, Enhancer, Inhibitor, Iron Deficiency Anemia, Adolescent girls.