

## ABSTRAK

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HUBUNGAN KEBIASAAN KONSUMSI KOPI DAN TEH TERHADAP  
KEJADIAN ANEMIA PADA REMAJA PUTRI SISWI SMA HANG TUAH 2  
SIDOARJO

xviii + 95 Halaman + 19 Tabel + 7 lampiran

Prevalensi anemia remaja di Indonesia di tahun 2023 mencapai 15,5%, sementara di tahun 2024, di SMA Hang Buah 2 Sidoarjo memperlihatkan 23,8% siswi kelas X mengalami anemia. Salah satu faktor penyebabnya ialah konsumsi kopiserta teh, yang mengandung tanin yang bisa menghambat penyerapan zat besi. Penelitian berikut bertujuan guna mendapatkan informasi hubungan konsumsi kopiserta teh kejadian anemia pada remaja putri siswi SMA Hang Buah 2 Sidoarjo. jenis penelitian berikut ialah observasional analitik dengan pendekatan *cross sectional*. Pengambilan sampel dilaksanakan dengan metode *propotional random sampling*. total sampel pada penelitian berikut sejumlah 62 remaja putri di SMA Hang Buah 2 Sidoarjo. Instrumen yang dipakai ialah kuisisioner *SQ-FFQ* dan alat pengukuran kadar hemoglobin *Easytouch*. Analisa data yang dipakai yakni uji korelasi *Spearman*.

Hasil Penelitian memperlihatkan ada hubungan signifikan di antara konsumsi kopi dengan kejadian anemia nilai *p-value* 0,002 serta konsumsi teh dengan kejadian anemia nilai *p-value* 0,003 pada remaja putri siswi SMA Hang Buah 2 Sidoarjo. Remaja putri disarankan mengurangi konsumsi kopiserta teh supaya penyerapan zat besi optimal. Asupan makanan kaya zat besi seperti daging dan sayuran hijau perlu ditingkatkan. Konsumsi tablet tambah darah dengan cara rutin juga dianjurkan.

Kata kunci : konsumsi kopi, konsumsi teh, Anemia Remaja  
Daftar bacaan : 4 Buku (2013-2021)

## ABSTRACT

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*THE RELATIONSHIP BETWEEN COFFE AND TEA CONSUMTION  
HABITS AND THE INCIDENCE OF ANEMIA IN FAMALE  
ADOLESCENTS AT SMA HANG TUAH 2 SIDOARJO*  
xviii + 95 Pages + 10 Tables + 7 Appendices

*The prevalence of adolescent anemia in Indonesia in 2023 reached 15.5%, while in 2024, at Hang Tuah 2 Sidoarjo High School, 23.8% of grade X students experienced anemia. One of the contributing factors is the consumption of coffee and tea, which contain tannin, which can inhibit the absorption of iron. This study aims to determine the relationship between coffee and tea consumption and the incidence of anemia in girls at Hang Tuah 2 Sidoarjo High School. this type of research is analytical observational with a cross sectional approach. Sampling was done by proportional random sampling method. The number of samples in this study were 62 adolescent girls at Hang Tuah 2 Sidoarjo High School. The instruments used were SQ-FFQ questionnaire and Easytouch hemoglobin level measurement tool. The data analysis used was the Spearman correlation test.*

*The results showed that there was a significant relationship between coffee consumption and the incidence of anemia with a p-value of 0.002 and tea consumption with the incidence of anemia with a p-value of 0.003 in adolescent girls at Hang Tuah 2 Sidoarjo High School. Adolescent girls are advised to reduce coffee and tea consumption for optimal iron absorption. Intake of iron-rich foods such as meat and green vegetables needs to be increased. Regular consumption of blood supplement tablets is also recommended.*

*Keywords : coffee consumption, tea consumption, adolescent anemia*

*References : 4 books (2013-2021)*