

ABSTRAK

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HUBUNGAN PENGETAHUAN ANEMIA DAN POLA MAKAN DENGAN STATUS GIZI REMAJA PUTRI DI SMAN 1 KARANGREJO KABUPATEN TULUNGAGUNG

Latar Belakang, Masalah anemia dan status gizi pada remaja putri menjadi isu penting yang berdampak pada kualitas sumber daya manusia di Indonesia. Dari hasil studi pendahuluan di SMAN 1 Karangrejo, Kabupaten Tulungagung menunjukkan prevalensi anemia masih cukup tinggi sebesar 20,1% meskipun cakupan tablet tambah darah hampir mencapai target sebesar 73,2% dari 75%. Sedangkan status gizi kurang di SMAN 1 Karangrejo sebesar 22,3%. **Tujuan,** menganalisis hubungan antara pengetahuan anemia dan pola makan dengan status gizi remaja putri di SMAN 1 Karangrejo. **Metode,** survei analitik dengan pendekatan cross-sectional pada 235 siswi menggunakan kuesioner pengetahuan anemia, SQ-FFQ untuk pola makan dan pengukuran IMT untuk status gizi. **Hasil,** menggunakan analisis Pearson Chi-Square dengan hasil penelitian pada remaja putri di SMAN 1 Karangrejo yaitu sebagian besar memiliki pengetahuan cukup (61,4%) sebanyak 54 orang, pola makan kurang (51,1%) sebanyak 45 orang, dan status gizi baik (42,3%) sebanyak 41 orang. **Kesimpulan** , Hasil uji Pearson Chi-Square mendapatkan nilai *p-value*: 0,710 yang menunjukkan tidak ada hubungan signifikan antara pengetahuan dengan status gizi pada remaja putri di SMAN 1 Karangrejo, nilai *p-value*: 0,024 menunjukkan adanya hubungan yang signifikan antara pola makan dengan status gizi remaja putri di SMAN 1 Karangrejo. **Saran,** diharapkan agar masyarakat meningkatkan edukasi gizi, dan bagi institusi sekolah untuk memperkuat program gizi dan sepelemtasi, serta bagi peneliti selanjutnya agar menambah variabel dan metode penelitian untuk memperkaya kajian.

Kata Kunci: Pengetahuan, Pola Makan, Status Gizi

ABSTRACT

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THE RELATIONSHIP BETWEEN ANEMIA KNOWLEDGE AND DIETARY PATTERN WITH NUTRITIONAL STATUS AMONG FEMALE ADOLESCENTS AT SMAN 1 KARANGREJO, TULUNGAGUNG REGENCY

Background: The issue of anemia and nutritional status among adolescent girls is a significant concern that impacts the quality of human resources in Indonesia. A preliminary study conducted at SMAN 1 Karangrejo, Tulungagung Regency, revealed a high prevalence of anemia, with rates reaching 20.1%, despite the coverage of iron supplementation tablets nearing the target of 73.2% out of 75%. **Objective:** To analyze the relationship between knowledge of anemia and dietary patterns with the nutritional status of female adolescents at SMAN 1 Karangrejo. **Methods:** This research used an analytic survey design with a cross-sectional approach involving 235 female students. Data were collected using an anemia knowledge questionnaire, a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) for dietary patterns, and Body Mass Index (BMI) measurements for nutritional status. **Results:** The Chi-Square test showed that the majority of respondents had a moderate level of knowledge (61.4%), poor dietary patterns (51.1%), and normal nutritional status (42.3%). The statistical test revealed a *p-value* of 0.710 for the relationship between anemia knowledge and nutritional status, indicating no significant association. In contrast, the *p-value* for the relationship between dietary patterns and nutritional status was 0.024, indicating a significant association. **Conclusion:** There is no significant relationship between anemia knowledge and nutritional status, while a significant relationship exists between dietary patterns and the nutritional status of female adolescents at SMAN 1 Karangrejo. **Suggestion:** It is recommended that communities increase nutritional education, schools strengthen nutrition and supplementation programs, and future researchers expand the scope by adding more variables and research methods. **Keywords:** Knowledge, Dietary Pattern, Nutritional Status