ABSTRAK

Maria Josefa Kono
HUBUNGAN ANTARA KADAR HEMOGLOBIN DAN GLUKOSA TERHADAP STATUS GIZI PADA SISWI SMA DI KECAMATAN KOTA KEFAMENANU
xiv + 55 Halaman + 10 Tabel + 6 Gambar + 6 Lampiran

Pendahuluan: Kesehatan remaja, khususnya pada siswi Sekolah Menengah Atas (SMA), menjadi perhatian yang kian mendesak di era modern ini. Perubahan pola makan, gaya hidup, dan tingkat aktivitas fisik dapat memengaruhi kesehatan mereka secara keseluruhan. Kadar hemoglobin yang rendah, yang sering kali hasil dari anemia, dapat mengakibatkan berbagai masalah kesehatan, seperti kelelahan kronis, penurunan daya tahan tubuh, dan gangguan kognitif. Gangguan pada kadar glukosa, baik itu hipoglikemia (rendahnya kadar glukosa) maupun hiperglikemia (tingginya kadar glukosa), dapat berkontribusi pada risiko penyakit kronis seperti diabetes. **Tujuan:** Menganalisis hubungan antara kadar hemoglobin dan glukosa terhadap status gizi pada siswi kelas 3 sekolah menengah atas di Kecamatan Kota Kefamenanu. **Metode:** Jenis penelitian ini menggunakan desain penelitian kuantitatif, pendekatan *cross-sectional* dengan jumlah sampel yang digunakan sebanyak 90 sampel. Variabel dalam penelitian ini adalah Kadar Hemoglobin, Kadar Glukosa Darah dengan menggunakan alat *autocheck*, nilai Status Gizi dan nilai IMT dengan populasi siswi kelas 3 yang terdaftar aktif di SMUK Warta Bakti Kefamenanu, SMAN 1 Kefamenanu, SMAN 2 Kefamenanu yang menjadi lokasi penelitian. **Hasil:** Hasil penelitian pada 90 siswi SMA diantaranya Indeks Massa Tubuh (IMT) sebanyak 65,55%, gizi sangat kurang (6,66%), kurang (10%), obesitas I (5,55%), dan obesitas II (1,1%). Dari segi kadar hemoglobin, 42,2% siswi berada dalam kategori normal (≥12 g/dL), anemia ringan (40%) dan anemia sedang (17,8%), dengan rata-rata kadar hemoglobin 11,73 g/dL. Untuk kadar glukosa darah, seluruh responden (100%) berada dalam rentang normal (70-140 mg/dL) dengan rata-rata 94,18 mg/dL. Hasil uji korelasi *Spearman* menunjukkan bahwa tidak terdapat hubungan yang signifikan antara kadar hemoglobin dengan status gizi berdasarkan IMT (p-*value* 0,220 > 0,05), maupun antara kadar glukosa dengan status gizi berdasarkan IMT (p-*value* 0,774 > 0,05). **Kesimpulan:** Penelitian ini menunjukan bahwa status gizi yang diukur dengan IMT tidak secara langsung berkaitan dengan kadar hemoglobin maupun kadar glukosa darah pada siswi SMA di wilayah ini sehingga tidak berkorelasi dengan status gizi yang diukur dengan IMT.

Kata Kunci: Hemoglobin, Glukosa, Gizi
Daftar Bacaan : 1 Buku (2017), 72 jurnal (2019-2024)

ABSTRACT

Maria Josefa Kono
THE RELATIONSHIP BETWEEN HEMOGLOBIN AND GLUCOSE LEVELS AND NUTRITIONAL STATUS OF HIGH SCHOOL STUDENTS IN KOTA KEFAMENANU DISTRICT
xiv + 55 Pages + 10 Tables + 6 Figures + 6 Appendices

Introduction: Adolescent health, particularly among high school students, is an increasingly pressing concern in this modern era. Changes in diet, lifestyle, and physical activity levels can impact their overall health. Low hemoglobin levels, often resulting from anemia, can lead to various health problems, such as chronic fatigue, decreased immunity, and cognitive impairment. Disturbances in glucose levels, whether hypoglycemia (low glucose levels) or hyperglycemia (high glucose levels), can contribute to the risk of chronic diseases such as diabetes. **Objective:** To analyze the relationship between hemoglobin and glucose levels and nutritional status in third-grade female high school students in Kota Kefamenanu District. **Method:** This type of research uses a quantitative research design, a cross-sectional approach with a sample size of 90 samples. The variables in this study are Hemoglobin Levels, Blood Glucose Levels using an *autocheck* tool, Nutritional Status values and BMI values with a population of 3rd grade female students who are actively registered at SMUK Warta Bakti Kefamenanu, SMAN 1 Kefamenanu, SMAN 2 Kefamenanu which are the research locations. **Results:** The results of the study on 90 high school students included *Body Mass Index* (BMI) of 65.55%, very poor nutrition (6.66%), undernutrition (10%), obesity I (5.55%), and obesity II (1.1%). In terms of hemoglobin levels, 42.2% of students were in the normal category (≥12 g/dL), mild anemia (40%) and moderate anemia (17.8%), with an average hemoglobin level of 11.73 g/dL. For blood glucose levels, all respondents (100%) were in the normal range (70-140 mg/dL) with an average of 94.18 mg/dL. The results of the Spearman correlation test showed that there was no significant relationship between hemoglobin levels and nutritional status based on BMI (p-value 0.220 > 0.05), nor between glucose levels and nutritional status based on BMI (p-value 0.774 > 0.05). **Conclusion:** This study shows that nutritional status as measured by BMI is not directly related to hemoglobin levels or blood glucose levels in high school students in this region so it does not correlate with nutritional status as measured by BMI.

Keywords: Hemoglobin, Glucose, Nutrition
Reading List: 1 Book (2017), 72 journals (2019-2024)