

ABSTRAK

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HUBUNGAN ASUPAN GIZI, STATUS GIZI, DAN ANEMIA PADA REMAJA PUTRI DI SMPN 02 BALEREJO KABUPATEN MADIUN

xvii + 76 Halaman + 26 Tabel + 10 Lampiran

Masalah kesehatan anemia pada remaja putri masih sering dijumpai dan berpotensi memberikan dampak negatif terhadap kesehatan, prestasi belajar, serta kualitas hidup di masa mendatang. Kelompok remaja putri sangat rentan mengalami anemia karena tingginya kebutuhan zat gizi selama masa pertumbuhan, ditambah dengan kehilangan darah saat menstruasi. Faktor yang dapat memengaruhi kejadian anemia antara lain asupan gizi dan status gizi.

Mengetahui Hubungan Asupan Gizi, Status Gizi, dan Anemia Pada Remaja Putri Di SMPN 02 Balerejo Kabupaten Madiun. Penelitian ini merupakan penelitian observasional analitik dengan desain cross sectional. Sampel penelitian sebanyak 101 remaja putri kelas VII, VIII, dan IX yang dipilih menggunakan teknik total sampling. Data asupan gizi diperoleh menggunakan metode recall 2x24 jam, status gizi diperoleh melalui pengukuran antropometri IMT/U, sedangkan data anemia diperoleh berdasarkan hasil pemeriksaan kadar Hemoglobin (Hb). Analisis data menggunakan uji Chi-Square dan Fisher's Exact Test dengan tingkat signifikansi $<0,05$.

Sebagian besar responden tercatat berada dalam kategori defisit untuk asupan energi, karbohidrat, lemak, zat besi, serta vitamin c. Sebagian besar responden memiliki status gizi baik (60,4%) dan tidak mengalami anemia (86,1%). Hasil analisis menunjukkan tidak adanya kaitan yang signifikan antara asupan energi, protein, lemak, karbohidrat, zat besi, dan vitamin c terhadap status gizi ($p>0,05$). Di sisi lain, ditemukan adanya hubungan yang signifikan antara asupan energi dan anemia pada remaja putri ($p<0,05$). Tidak ditemukan adanya kaitan antara asupan gizi dan status gizi pada remaja putri di SMPN 02 Balerejo Kabupaten Madiun, akan tetapi terdapat hubungan antara asupan energi dengan anemia.

Kata kunci : Asupan gizi, Status gizi, Anemia, Remaja putri

Daftar bacaan : 3 buku (2022-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN NUTRITIONAL INTAKE, NUTRITIONAL STATUS, AND ANEMIA IN ADOLESCENT GIRLS AT SMPN 02 BALEREJO, MADIUN REGENCY

xvii + 76 Pages + 26 Tables + 10 Appdanices

Anemia health problems in adolescent girls are still often encountered and have the potential to have a negative impact on health, learning achievement, and quality of life in the future. The group of adolescent girls is particularly susceptible to anemia due to the high need for nutrients during the growth period, coupled with blood loss during menstruation. Factors that can affect the incidence of anemia include nutritional intake and nutritional status.

Knowing the Relationship between Nutritional Intake, Nutritional Status, and Anemia in Adolescent Girls at SMPN 02 Balerejo, Madiun Regency. This study is an analytical observational research with a cross sectional design. The research sample of 101 adolescent girls in grades VII, VIII, and IX was selected using the total sampling technique. Nutritional intake data was obtained using the 2x24-hour recall method, nutritional status was obtained through BMI/U anthropometric measurements, while anemia data was obtained based on the results of Hemoglobin (Hb) level examination. Data analysis used the Chi-Square test and Fisher's Exact Test with a significance level of <0.05 .

Most of the respondents were recorded in the deficit category for energy intake, carbohydrates, fat, iron, and vitamin c. Most of the respondents had good nutritional status (60.4%) and did not have anemia (86.1%). The results of the analysis showed that there was no significant association between energy intake, protein, fat, carbohydrates, iron, and vitamin c on nutritional status ($p>0.05$). On the other hand, it was found that there was a significant relationship between energy intake and anemia in adolescent girls ($p<0.05$). No link was found between nutritional intake and nutritional status in adolescent girls at SMPN 02 Balerejo, Madiun Regency, but there was a relationship between energy intake and anemia.

Keywords: Nutritional intake, Nutritional status, Anemia, Adolescent girls

Reading list : 3 books (2022-2025)