

ABSTRAK

Elfa Dwi Aulia

HUBUNGAN ASUPAN PROTEIN, ZAT BESI DAN VITAMIN C
DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI SMP IPIEMS
KOTA SURABAYA

xviii + 128 Halaman + 14 Tabel + 11 Lampiran

Anemia merupakan masalah gizi yang masih banyak terjadi pada remaja putri di Indonesia. Asupan zat gizi seperti protein, zat besi, dan vitamin C berperan penting dalam pembentukan hemoglobin dan pencegahan anemia. Penelitian ini bertujuan untuk mengetahui hubungan asupan protein, zat besi, dan vitamin C dengan kejadian anemia pada remaja putri SMP IPIEMS Kota Surabaya. Jenis penelitian ini adalah observasional analitik dengan desain cross-sectional. Sampel penelitian berjumlah 68 siswi yang dipilih secara proporsional. Data asupan gizi diperoleh melalui *food recall* 2x24 jam dan data anemia diperoleh melalui pemeriksaan kadar hemoglobin. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki asupan protein kategori normal (36,8%), asupan zat besi kurang (70,6%), dan asupan vitamin C kurang (70,6%), dengan prevalensi anemia sebesar 52,9%. Hasil uji bivariat menunjukkan tidak terdapat hubungan bermakna antara asupan protein ($p = 0,720$) dan asupan vitamin C ($p = 0,452$) dengan kejadian anemia, namun terdapat hubungan bermakna antara asupan zat besi dengan kejadian anemia ($p = 0,004$). Disimpulkan bahwa asupan zat besi berhubungan secara bermakna dengan kejadian anemia pada remaja putri SMP IPIEMS Kota Surabaya. Disarankan agar siswi meningkatkan konsumsi makanan sumber zat besi dan pihak sekolah juga diharapkan mengoptimalkan program pencegahan anemia melalui edukasi gizi, pemberian Tablet Tambah Darah (TTD) secara rutin, serta bekerja sama dengan tenaga kesehatan dalam upaya menurunkan kejadian anemia pada remaja putri.

Kata Kunci: Anemia, Asupan Protein, Zat Besi, Vitamin C, Remaja Putri

ABSTRACT

Elfa Dwi Aulia

*THE RELATIONSHIP BETWEEN PROTEIN, IRON, AND VITAMIN C
INTAKE WITH THE INCIDENCE OF ANEMIA IN FEMALE STUDENTS OF
SMP IPIEMS SURABAYA*

xviii + 128 Pages + 14 Tables + 11 Appendices

Anemia is a nutritional problem that still occurs frequently among adolescent girls in Indonesia. Nutrient intake such as protein, iron, and vitamin C plays an important role in hemoglobin formation and anemia prevention. This study aims to determine the relationship between protein, iron, and vitamin C intake and the incidence of anemia in adolescent girls at IPIEMS Junior High School in Surabaya City. This type of study is an observational analytic with a cross-sectional design. The study sample consisted of 68 female students selected proportionally. Nutritional intake data were obtained through 2x24-hour food recalls and anemia data were obtained through hemoglobin level examinations. Data analysis was performed univariately and bivariately using the Chi-Square test. The results showed that most respondents had normal protein intake (36.8%), insufficient iron intake (70.6%), and insufficient vitamin C intake (70.6%), with an anemia prevalence of 52.9%. The bivariate test results showed no significant relationship between protein intake ($p = 0.720$) and vitamin C intake ($p = 0.452$) with the incidence of anemia, but there was a significant relationship between iron intake and the incidence of anemia ($p = 0.004$). It was concluded that iron intake was significantly related to the incidence of anemia in female adolescents at IPIEMS Junior High School in Surabaya City. It is recommended that female students increase their consumption of iron-rich foods and the school is also expected to optimize anemia prevention programs through nutritional education, regular provision of Iron Supplement Tablets (TTD), and collaboration with health workers in an effort to reduce the incidence of anemia in female adolescents.

Keywords: Anemia, Protein Intake, Iron Intake, Vitamin C Intake, Adolescent Girls