

ABSTRAK

GALUH AYU NABILLA

HUBUNGAN ASUPAN PROTEIN DAN ZAT BESI DENGAN STATUS ANEMIA DAN PRESTASI BELAJAR SISWI SMPN 2 BALEREJO KABUPATEN MADIUN

xviii + 74 Halaman + 11 Tabel + 10 Lampiran

Permasalahan anemia pada remaja putri berpotensi menurunkan performa kognitif, konsentrasi, pencapaian akademik, dan kesehatan reproduksi di masa depan. Penelitian observasional analitik dengan pendekatan cross-sectional ini bertujuan menguji hubungan asupan protein dan zat besi terhadap status anemia serta prestasi belajar siswi SMP Negeri 2 Balerejo Kabupaten Madiun. Sebanyak 97 siswi tahun ajaran 2025–2026 dipilih menggunakan teknik simple random sampling. Data intake gizi dikumpulkan lewat wawancara recall 2×24 jam, status anemia diukur dari kadar hemoglobin via digital hemoglobin meter, dan prestasi belajar diambil dari rerata rapor semester ganjil pada mata pelajaran utama. Data dianalisis secara univariat dan bivariat menggunakan uji Chi-Square ($\alpha = 0,05$). Mayoritas responden tercatat memiliki asupan protein baik, kecukupan zat besi tergolong defisit, tidak mengalami anemia, serta memiliki prestasi belajar cukup. Hasil uji Chi-Square menunjukkan tidak ada hubungan signifikan antara asupan protein ($p = 0,988$) maupun zat besi ($p = 0,932$) dengan status anemia. Status anemia pun tidak berhubungan signifikan dengan prestasi belajar ($p = 0,872$). Kesimpulannya, asupan protein dan zat besi tidak terbukti berhubungan langsung dengan status anemia maupun prestasi belajar pada sampel ini. Hal ini mengindikasikan bahwa anemia merupakan masalah multifaktorial yang penanggulangannya harus mempertimbangkan kualitas pola makan secara menyeluruh serta variabel lingkungan dan kesehatan lainnya.

Kata kunci: asupan protein, asupan zat besi, anemia, prestasi belajar, remaja putri

ABSTRACT

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*ASSOCIATION OF PROTEIN AND IRON INTAKE WITH ANEMIA STATUS
AND ACADEMIC*

*ACHIEVEMENT AMONG FEMALE ADOLESCENT STUDENTS AT SMPN 2
BALEREJO, MADIUN REGENCY*

xviii + 74 Pages + 11 Tables + 10 Appendices

Anemia among adolescent girls potentially impairs cognitive performance, concentration, academic achievement, and future reproductive health. This analytical observational study with a cross-sectional approach aims to examine the relationship between protein and iron intake on anemia status and the academic performance of female students at SMP Negeri 2 Balerejo, Madiun Regency. A total of 97 female students from the 2025–2026 academic year were selected using a simple random sampling technique. Nutritional intake data were collected via 2 × 24-hour food recall interviews, anemia status was measured through hemoglobin levels using a digital hemoglobin meter, and academic performance was obtained from the average odd-semester report card grades in core subjects. Data were analyzed univariately and bivariately using the Chi-Square test ($\alpha = 0.05$). The majority of respondents were recorded as having adequate protein intake, deficient iron intake, no anemia, and moderate academic performance. The Chi-Square test results showed no significant relationship between either protein intake ($p = 0.988$) or iron intake ($p = 0.932$) and anemia status. Furthermore, anemia status was not significantly related to academic performance ($p = 0.872$). In conclusion, protein and iron intake were not proven to be directly associated with anemia status or academic performance in this sample. This indicates that anemia is a multifactorial issue, and its prevention must consider overall dietary quality alongside other environmental and health variables.

Keywords: *protein intake, iron intake, anemia, academic performance, adolescent girls*