

Dalam Bahasa Indonesia:

ABSTRAK

Khair Rani Maricar

HUBUNGAN ASUPAN PROTEIN, ZAT BESI, DAN KONSUMSI TABLET TAMBAH DARAH (TTD) DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI KELAS VIII DI SMP IPIEMS SURABAYA

1x + 106 halaman + 15 tabel + 12 lampiran

Anemia pada remaja putri merupakan tantangan gizi serius yang berdampak negatif terhadap performa akademis, stamina, dan sistem imunitas. Etiologi kondisi ini umumnya melibatkan defisit asupan protein dan zat besi, serta inkonsistensi suplementasi Tablet Tambah Darah (TTD). Penelitian ini bertujuan menelaah korelasi antara asupan protein, zat besi, dan ketaatan TTD dengan kejadian anemia pada siswi kelas VIII SMP IPIEMS Surabaya. Studi observasional analitik berdesain *cross-sectional* ini melibatkan 68 siswi (100%) sebagai sampel melalui teknik *total sampling* pada periode September 2025 hingga Mei 2026. Pengumpulan data mengombinasikan *food recall* 2×24 jam, kuesioner TTD, serta instrumen Easy Touch GCHb untuk mengukur kadar hemoglobin, yang selanjutnya dianalisis secara univariat dan bivariat menggunakan korelasi *Spearman Rank* ($\alpha = 0,05$). Hasil pengolahan data menunjukkan mayoritas responden berumur 14 tahun (55 orang; 80,9%), mengalami defisit protein berat (27 orang; 39,7%), memiliki asupan zat besi kategori kurang (88,2%), dan 100% tidak taat mengonsumsi TTD. Sebanyak 61 siswi (89,7%) dinyatakan bebas anemia (≥ 12 g/dL), sedangkan 7 siswi (10,3%) tergolong anemia (< 12 g/dL). Analisis *Spearman Rank* mengonfirmasi tidak terdapat korelasi bermakna antara asupan protein ($r = -0,137$; $p = 0,266$) maupun asupan zat besi ($r = -0,001$; $p = 0,992$) terhadap kejadian anemia, sementara pengujian statistik pada variabel ketaatan TTD tidak dapat diproses akibat homogenitas data. Dapat disimpulkan bahwa tidak ditemukan korelasi statistik antara asupan nutrisi (protein dan zat besi) dengan status anemia pada sampel ini. Pihak sekolah disarankan mengintensifkan edukasi dan supervisi program TTD, sementara para siswi diimbau memelihara pemenuhan gizi seimbang guna mencegah risiko anemia.

Kata kunci: Asupan Protein, Zat Besi, Tablet Tambah Darah, Anemia, Remaja Putri

Dalam Bahasa Inggris:

ABSTRACT

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THE RELATIONSHIP BETWEEN PROTEIN INTAKE, IRON INTAKE, AND IRON TABLET (TTD) CONSUMPTION WITH THE INCIDENCE OF ANEMIA IN FEMALE STUDENTS OF CLASS VIII AT SMP IPIEMS SURABAYA

1x + 106 pages + 15 tables + 12 appendices

Anemia in adolescent girls is a serious nutritional challenge that negatively impacts academic performance, stamina, and the immune system. The etiology of this condition commonly involves deficits in protein and iron intake, as well as inconsistency in Blood Supplement Tablet (TTD) consumption. This study aimed to examine the correlation between protein intake, iron intake, and TTD compliance with the incidence of anemia among 8th-grade female students at SMP IPIEMS Surabaya. This analytical observational study with a cross-sectional design involved 68 female students (100%) as the sample, selected via a total sampling technique from September 2025 to May 2026. Data collection combined a 2×24-hour food recall, a TTD questionnaire, and an Easy Touch GCHb device to measure hemoglobin levels, which were subsequently analyzed univariately and bivariate using the Spearman Rank correlation ($p = 0.05$). The results showed that the majority of respondents were 14 years old (55 students; 80.9%), experienced severe protein deficiency (27 students; 39.7%), had inadequate iron intake (88.2%), and 100% were non-compliant with TTD consumption. A total of 61 students (89.7%) were classified as non-anemic (≥ 12 g/dL), whereas 7 students (10.3%) were anemic (< 12 g/dL). Spearman Rank analysis confirmed no significant correlation between protein intake ($r = -0.137$; $p = 0.266$) or iron intake ($r = -0.001$; $p = 0.992$) and the incidence of anemia, while statistical testing on TTD compliance could not be processed due to data homogeneity. In conclusion, no statistical correlation was found between nutrient intake (protein and iron) and anemia status in this study sample. The school is advised to intensify education and supervision regarding the TTD program, while adolescent girls are encouraged to maintain a balanced, nutritious diet to prevent the risk of anemia.

Keywords: Anemia, Adolescent Girls, Iron Intake, Iron Tablet, Protein Intake