

## ABSTRAK

Siti Aisyah Imami Salamun

HUBUNGAN POLA MAKAN DENGAN KEJADIAN ANEMIA PADA REMAJA  
PUTRI KELAS X DI MAN KOTA SURABAYA

xvi + 84 Halaman + 14 Tabel + 8 Lampiran

Anemia pada remaja putri masih menjadi masalah kesehatan masyarakat karena dapat memengaruhi kemampuan mereka untuk berkonsentrasi, belajar, dan menjadi produktif. Salah satu faktor yang berkaitan dengan kejadian anemia adalah perilaku makan, yang mencakup frekuensi makan, jenis makanan, dan asupan gizi. Penelitian ini bertujuan untuk mengkaji hubungan antara pola makan dan prevalensi anemia pada siswi kelas X di MAN Kota Surabaya. Penelitian ini menggunakan metodologi *cross-sectional* dan desain studi analitik kuantitatif. Melalui teknik *proportionate random sampling*, dipilih sampel sebanyak 67 responden dari total populasi penelitian yang terdiri atas 202 siswi kelas X. Kadar hemoglobin diukur menggunakan alat Hb meter digital untuk menentukan status anemia, sedangkan informasi mengenai kebiasaan makan dikumpulkan melalui kuesioner dan *Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ)*. Analisis data univariat dan bivariat dilakukan menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa sebagian besar responden (45 orang atau 67,2%) memiliki kebiasaan makan yang kurang baik, sementara 22 responden (32,8%) memiliki kebiasaan makan yang baik. Sebanyak 35 responden (52,2%) mengalami anemia, sedangkan 32 responden (47,8%) memiliki kadar hemoglobin normal. Dengan nilai  $p$  sebesar 0,014 ( $\alpha=0,05$ ), uji Chi-Square menunjukkan adanya hubungan yang signifikan antara pola makan dan kejadian anemia. Prevalensi anemia pada siswi kelas X di MAN Kota Surabaya terbukti memiliki hubungan dengan pola makan. Beberapa langkah yang disarankan meliputi pengawasan jajanan kantin sekolah, perluasan program Makanan Bergizi Gratis (MBG), serta pemberian edukasi gizi.

**Kata kunci:** pola makan, anemia, remaja putri, hemoglobin

**Daftar bacaan:** 81 jurnal (2020 – 2025)

## ABSTRACT

Siti Aisyah Imami Salamun

*THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND THE INCIDENCE OF ANEMIA IN FEMALE ADOLESCENTS OF GRADE 10 AT MAN IN SURABAYA CITY*

*xvi + 84 Pages + 14 Tables + 8 Appendices*

*Anemia among adolescent girls remains a public health issue as it can affect their ability to concentrate, learn, and be productive. One factor associated with the occurrence of anemia is eating behavior, which encompasses meal frequency, food types, and nutritional intake. This study aimed to examine the relationship between dietary patterns and the prevalence of anemia among 10th-grade female students at MAN Kota Surabaya. The study employed a cross-sectional methodology and a quantitative analytical design. Using proportionate random sampling, a sample of 67 respondents was selected from a total population of 202 10th-grade female students. Hemoglobin levels were measured using a digital Hb meter to determine anemia status, while data on eating habits were collected via a questionnaire and a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Univariate and bivariate data analyses were conducted using the Chi-Square test. The results showed that the majority of respondents (45 individuals or 67.2%) had poor eating habits, while 22 respondents (32.8%) had good eating habits. A total of 35 respondents (52.2%) suffered from anemia, whereas 32 respondents (47.8%) had normal hemoglobin levels. With a  $p$ -value of 0.014 ( $\alpha=0.05$ ), the Chi-Square test indicated a significant relationship between dietary patterns and the occurrence of anemia. The prevalence of anemia among 10th-grade female students at MAN Kota Surabaya was found to be associated with dietary patterns. Recommended measures include monitoring school canteen snacks, expanding the Free Nutritious Meal (MBG) program, and providing nutrition education.*

**Keywords:** dietary pattern, anemia, adolescent girls, hemoglobin

**Reading list:** 81 journals (2020 – 2025)