ABSTRAK

Muchammad Nauvas Syauqi
KEBIASAAN MINUM TEH SETELAH MAKAN DENGAN KEJADIAN ANEMIA PADA SANTRI PUTRI DI PONDOK PESANTREN ASH SHOMADIYAH TUBAN
xii + 75 Halaman + 5 Tabel + 16 Lampiran

Anemia gizi besi masih menjadi isu kesehatan masyarakat yang dominan di Indonesia, khususnya pada kelompok remaja putri di ekosistem pesantren yang rentan akibat berbagai determinan, termasuk perilaku asupan teh postprandial yang menginhibisi absorpsi mineral besi. Pengkajian ini berorientasi untuk menguji korelasi antara habituasi konsumsi teh pascamakan terhadap insidensi anemia pada populasi santriwati di Pondok Pesantren Ash Shomadiyah Tuban. Metode observasional analitik berdesain cross-sectional diterapkan dengan menempatkan habituasi minum teh pascamakan sebagai variabel bebas dan manifestasi anemia sebagai variabel terikat. Seluruh populasi santri putri sebanyak 60 subjek dilibatkan secara utuh memanfaatkan pendekatan total sampling. Evaluasi deskriptif mengidentifikasi bahwa porsi terbesar sampel (70,0%) mencatatkan habituasi konsumsi teh pada kategori adekuat, meskipun tingkat kejadian indikasi klinis anemia mencakup proporsi mayoritas (75,0%). Analisis kontingensi memperlihatkan gejala anemia dialami oleh 83,3% responden pada kelompok kebiasaan baik dan 55,6% pada kelompok kebiasaan kurang adekuat. Komputasi biostatistik memanfaatkan uji alternatif Fisher's Exact Test menghasilkan probabilitas $p = 0,048$ ($p < 0,05$), yang mengonfirmasi keberadaan korelasi signifikan secara statistik antara habituasi asupan teh sesaat setelah makan dengan risiko presipitasi anemia. Temuan ini mempertegas bahwa perilaku konsumsi teh postprandial berkontribusi nyata terhadap risiko anemia gizi besi, yang berpotensi diperberat oleh intensitas aktivitas fisik harian. Oleh sebab itu, penguatan program promosi kesehatan melalui edukasi literasi gizi terstruktur krusial diimplementasikan demi mengoptimalkan upaya preventif di lingkungan pesantren.

Kata Kunci : Anemia, Kebiasaan Minum Teh, Remaja Putri, Santri.
Daftar Bacaan : 1 Buku, 24 Jurnal (2016 - 2025)

ABSTRACT

Muchammad Nauvas Syauqi
THE HABIT OF DRINKING TEA AFTER MEALS AND THE INCIDENCE OF ANEMIA IN FEMALE STUDENTS AT THE ASH SHOMADIYAH TUBAN ISLAMIC BOARDING SCHOOL
xii + 75 *Pages* + 5 *Tables* + 16 *Appendices*

Iron deficiency anemia remains a predominant public health issue in Indonesia, particularly among female adolescents in boarding school ecosystems who are vulnerable due to various determinants, including postprandial tea intake habits that inhibit iron mineral absorption. This study aimed to examine the correlation between postprandial tea consumption habits and the incidence of anemia among female students at Ash Shomadiyah Islamic Boarding School, Tuban. An analytical observational method with a cross-sectional design was applied, designating postprandial tea drinking habits as the independent variable and anemia manifestations as the dependent variable. The entire population of 60 female students was fully enrolled using a total sampling approach. Descriptive evaluation identified that the largest proportion of the sample (70.0%) recorded tea consumption habits in the adequate category, although the incidence rate of clinical anemia indications encompassed the majority (75.0%). Contingency analysis demonstrated that anemia symptoms were experienced by 83.3% of respondents in the good habit group and 55.6% in the less adequate habit group. Biostatistical computation utilizing Fisher's Exact Test yielded a probability value of $p = 0.048$ ($p < 0.05$), confirming a statistically significant correlation between tea intake habits immediately after meals and the risk of anemia precipitation. These findings reinforce that postprandial tea consumption behavior significantly contributes to the risk of iron deficiency anemia, which may be aggravated by daily physical activity intensity. Therefore, strengthening health promotion programs through structured nutritional literacy education is crucial to optimize preventive efforts in the boarding school environment.

Keywords : Anemia, Tea Consumption Habits, Adolescent Females, Boarding School Students.
References: 1 book, 24 journals (2016–2025)