ABSTRAK

MADINATUL HAYATI, 17S10230

HUBUNGAN ASUPAN PROTEIN, ZAT BESI, VITAMIN B12 DAN VITAMIN C DENGAN STATUS ANEMIA PADA REMAJA PUTRI DI SEKOLAH MAN BANJARBARU

Skripsi. Program Studi S1 Gizi. 2024
(xiv + 53)

Anemia merupakan keadaan kadar hemoglobin dalam darah yang kurang dari normal. Batas kadar hemoglobin normal dalam darah seorang remaja putri sebesar 12 g/dL. Anemia disebabkan kekurangan zat gizi karena gangguan absorpsi. Zat gizi yang dimaksud meliputi asupan zat besi, asupan protein, asupan vitamin B12, dan asupan vitamin C. Tujuan penelitian untuk menganalisis hubungan asupan protein, zat besi, vitamin B12 dan vitamin C dengan status anemia pada remaja perempuan di sekolah MAN Banjarbaru. Metode penelitian survey analitik kuantitatif, pendekatan *cross sectional.* Populasi 101 siswi kelas XI dan XII yang mengalami anemia di sekolah MAN Banjarbaru. Sampel sebanyak 55 siswi, teknik *purposive sampling.* Uji statistik analisis dengan *Rank Spearman*. Hasil penelitian mayoritas status anemia remaja putri adalah anemia sebanyak 28 orang (51,9%), protein cukup sebanyak 31 orang (57,4%), Vitamin B 12 cukup dan kurang sebanyak 27 orang (50%), Vitamin C sebanyak 28 orang (51,9%). Terdapat hubungan protein (p=0,000), zat besi (p=0,000), Vitamin B 12 (p=0,006) dan Vitamin C (p=0,002) dengan status anemia pada remaja perempuan di MAN Banjarbaru. Peningkatan pemahaman dan edukasi kepada remaja putri tentang pencegahan anemia.

Kata kunci: Anemia, Protein, Vitamin B 12, Vitamin C, Zat Besi

ABSTRACT

MADINATUL HAYATI, 17S10230

THE RELATION OF PROTEIN, IRON, VITAMIN B12 AND VITAMIN C INTAKE WITH ANEMIA STATUS IN ADOLESCENT GIRLS AT MAN BANJARBARU SCHOOL

Anemia is a condition where hemoglobin levels in the blood are less than normal. The limit for normal hemoglobin levels in the blood of a teenage girl is 12 g/dL. Anemia is caused by a lack of nutrients due to impaired absorption. The nutrients in question include iron intake, protein intake, vitamin B12 intake and vitamin C intake. The aim of the research was to analyze the relationship between protein, iron, vitamin B12 and vitamin C intake with anemia status in adolescent girls at MAN Banjarbaru schools. Quantitative analytical survey research method, cross sectional approach. Population of 101 class XI and XII female students who experienced anemia at MAN Banjarbaru school. The sample was 55 female students, purposive sampling technique. Statistical analysis test with Spearman Rank. The research results showed that the majority of adolescent girls' anemia status was anemia as many as 28 people (51.9%), adequate protein as many as 31 people (57.4%), Vitamin B 12 sufficient and 27 people lacking (50%), Vitamin C as many as 28 people. (51.9%). There is a relationship between protein (p=0.000), iron (p=0.000), Vitamin B 12 (p=0.006) and Vitamin C (p=0.002) with anemia status in adolescent girls at MAN Banjarbaru. Increasing understanding and education for young women about preventing anemia.