

# HUBUNGAN JENIS DIET VEGETARIAN DAN KONSUMSI MAKANAN SUMBER ZAT BESI DENGAN KADAR HEMOGLOBIN PADA KOMUNITAS *INDONESIA VEGETARIAN SOCIETY (IVS) JAKARTA 2021*

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## Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan jenis diet vegetarian dan konsumsi makanan sumber zat besi dengan kadar hemoglobin pada komunitas *Indonesia Vegetarian Society (IVS) Jakarta 2021*. Metode penelitian ini bersifat analitik observasional dengan desain *cross sectional*, jumlah responden 82 orang yang dipilih menggunakan metode *simple random sampling* dari anggota komunitas *Indonesia Vegetarian Society (IVS) Jakarta*. Umur, jenis kelamin, lama menjadi vegetarian, alasan menjadi vegetarian, dan jenis diet vegetarian diperoleh melalui kuesioner, data konsumsi makanan sumber zat besi diperoleh melalui SQ-FFQ, dan data kadar hemoglobin diperoleh melalui alat cek Hb digital (GCHb) merk *EasyTouch*. Data dianalisis secara univariat dan bivariat. Analisis bivariat dengan menggunakan Uji Mann Whitney. Hasil penelitian menunjukkan ada hubungan antara jenis diet vegetarian dengan kadar hemoglobin ( $p = 0.000$ ), serta tidak ada hubungan antara konsumsi makanan sumber zat besi dengan kadar hemoglobin ( $p = 0.474$ ). Diharapkan pelaku diet vegetarian memperhatikan konsumsi makanan sumber zat besi sehingga kadar hemoglobin tetap terjaga dengan baik.

**Kata Kunci :** Jenis Diet Vegetarian, Zat Besi, Kadar Hemoglobin, Komunitas Vegetarian

# THE RELATIONSHIP BETWEEN TYPE OF VEGETARIAN DIET AND FOOD CONSUMPTION OF IRON SOURCES AND HEMOGLOBIN LEVEL IN THE INDONESIAN VEGETARIAN SOCIETY (IVS) JAKARTA 2021

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## Abstract

This research was conducted to determine the relationship between the type of vegetarian diet and consumption of food sources of iron with hemoglobin level in the *Indonesian Vegetarian Society (IVS) Jakarta 2021*. The method of this study used an analytic observational with cross sectional design, the number of respondents was 82 people were chosen by simple random sampling from members of the *Indonesian Vegetarian Society (IVS) Jakarta*. Age, gender, duration of being vegetarian, reasons for being vegetarian, and type of vegetarian diet were obtained by questionnaires, consumption of iron source foods data was obtained with *Semi Quantitative-Food Frequency Questionare*, and hemoglobin level data obtained by EasyTouch brand of digital Hb check (GCHb). Data were analyzed by univariate and bivariate. Bivariate analysis using the Mann Whitney test. The results showed that there was a relationship between the type of vegetarian diet and hemoglobin level ( $p = 0.000$ ), and there was no relationship between the consumption of iron sources and hemoglobin level ( $p = 0.474$ ). It is hoped that vegetarian dieters pay attention to the consumption of iron-source foods so that hemoglobin levels are well maintained.

**Keywords** : Type of Vegetarian Diet, Iron, Hemoglobin Level, Vegetarian Community