HUBUNGAN PENGETAHUAN TENTANG ANEMIA, FREKUENSI KONSUMSI PROTEIN, PANGAN SUMBER Fe, DAN TANIN DENGAN GEJALA ANEMIA PADA REMAJA PUTRI DI SMA YPHB KOTA BOGOR TAHUN 2020

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Abstrak

Remaja putri merupakan salah satu kelompok yang rentan menderita anemia. Faktor yang dapat mempengaruhi anemia pada remaja putri adalah pengetahuan tentang anemia, frekuensi konsumsi protein, pangan sumber Fe, dan tanin. Tujuan penelitian ini adalah untuk mengetahui dan menganalisis hubungan pengetahuan tentang anemia, frekuensi konsumsi protein, pangan sumber Fe, dan tanin dengan gejala anemia pada remaja putri di SMA YPHB Kota Bogor Tahun 2020. Penelitian ini menggunakan desain studi *cross sectional*. Metode pengambilan sampel menggunakan metode *non-probability sampling* yaitu *purposive sampling*. Subjek pada penelitian ini adalah remaja putri berusia 15-18 tahun yaitu sebanyak 53 remaja putri. Data status gejala anemia dan pengetahuan tentang anemia diambil menggunakan kuesioner yang disebarkan secara *online* yaitu *google form*. Data frekuensi konsumsi protein, pangan sumber Fe, dan tanin diperoleh melalui wawancara secara *online* menggunakan kuesioner *Food Frequency Questionnaire* (FFQ). Hasil analisis bivariat menggunakan uji *chi-square* menunjukkan hubungan antara pengetahuan tentang anemia (p = 0,020), frekuensi konsumsi protein (p = 0,004), pangan sumber Fe (p =0,008), dan tanin (p = 0,009) dengan gejala anemia. Hal ini menunjukkan bahwa ada hubungan antara pengetahuan tentang anemia, frekuensi konsumsi protein, pangan sumber Fe, dan tanin dengan gejala anemia pada remaja putri di SMA YPHB Kota Bogor Tahun 2020.

Kata Kunci : Remaja Putri, Gejala Anemia, Pengetahuan, Protein, Fe, Tanin.

RELATIONSHIP OF KNOWLEDGE ABOUT ANEMIA, FREQUENCY OF PROTEIN CONSUMPTION, FOOD SOURCES OF Fe, AND TANINNS WITH SYMPTOMS OF ANEMIA IN ADOLESCENT GIRLS AT SMA YPHB BOGOR 2020

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Abstract

Adolescent girls are one of the vulnerable groups to suffer from anemia. Factors that can influence anemia in adolescent girls are knowledge of anemia, frequency of protein consumption, food sources of Fe, and tannins. The purpose of this study was to determine and analyze the relationship between knowledge about anemia, frequency of protein consumption, food sources of Fe, and tannins with symptoms of anemia in adolescent girls at SMA YPHB Bogor City in 2020. This study used a cross sectional study design. The sampling method used was non-probability sampling, namely purposive sampling. Subjects in this study were adolescent girls aged 15-18 years, as many as 53 adolescent girls. Data on anemia symptom status and knowledge about anemia were taken using a questionnaire distributed online, namely Google Form. Data on the frequency of protein consumption, food sources of Fe, and tannins were obtained through online interviews using the Food Frequency Questionnaire (FFQ). The results of bivariate analysis using the chi-square test showed a relationship between knowledge of anemia (p = 0.020), frequency of protein consumption (p = 0.004), food sources of Fe (p = 0.008), and tannins (p = 0.009) with symptoms of anemia. This shows that there is a relationship between knowledge about anemia, the frequency of protein consumption, food sources of Fe, and tannins with symptoms of anemia in adolescent girls at SMA YPHB Bogor City in 2020.

Keywords : *Adolescent Girls, Symptoms of Anemia, Knowledge, Protein, Fe, Tannins.*