HUBUNGAN KEBIASAAN MAKAN DAN IMT/U DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI DESA SIRNAGALIH

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Abstrak

Di Indonesia, kejadian anemia pada wanita usia produktif dikategorikan sedang dan terus meningkat setiap tahunnya. Anemia dapat mengakibatkan beragam kerugian seperti pertumbuhan dan perkembangan menjadi tertunda, peningkatan kerentanan terhadap infeksi, dan pada wanita hamil dapat meningkatkan risiko kelahiran premature dan berat badan lahir rendah hingga kematian ibu dan anak. Penelitian ini bertujuan untuk menganalisis hubungan antara kebiasaan makan dan IMT/U dengan kejadian anemia. Penelitian dilaksanakan di Desa Sirnagalih dengan desain penelitian *cross-sectional*. Teknik pengambilan sampel yaitu *purposive sampling* dengan sampel sebesar 74 responden remaja putri berusia 10-18 tahun. Anemia diukur dengan *Portable Hemoglobinometer* dengan melihat kadar hemoglobin, status gizi (IMT/U) diperoleh melalui pengukuran antropometri. Asupan protein, vitamin C dan mineral besi menggunakan wawancara *recall 1x24h.* Frekuensi *enhancer* dan inhibitor Fe dengan wawancara *Food Frequency Questionnaire*. Analisis bivariat menggunakan *Spearman Rank*. Hasil uji statistik menunjukkan bahwa tidak terdapat hubungan antara IMT/U (p= 0,440), asupan protein (p= 0,813), zat besi (p= 0,911) dan vitamin C (p= 0,630) serta frekuensi *enhancer* Fe (p= 0,618) dan inhibitor Fe (p= 0,350) dengan kejadian anemia pada remaja putri di Desa Sirnagalih. Remaja putri diharapkan untuk mengatur kebiasaan makan sesuai dengan pedoman gizi seimbang dan mengontrol berat badan.

Kata kunci : Anemia, Remaja Putri, IMT/U, Kebiasaan Makan

THE RELATIONSHIP OF EATING HABITS AND IMT/U WITH INCIDENCE OF ANEMIA IN ADOLESCENT WOMEN AT SIRNAGALIH VILLAGE

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Abstract

In Indonesia, the incidence of anemia in women of productive age is categorized as moderate and continues to increase every year. Anemia can cause various disadvantages such as delayed growth, increased susceptibility to infection, and in pregnant women can increase the risk of premature birth, low birth weight also mother and child mortality. This study aims to analyze the relationship between eating habits and IMT/U on the incidence of anemia. The research was conducted in Sirnagalih Village with a cross-sectional research design. The sampling technique was purposive sampling with a sample of 74 female respondents aged 10-18 years. Anemia is measured with a Portable Hemoglobinometer by looking at hemoglobin levels. IMT/U were obtained through anthropometric measurement. Intake of protein, vitamin C, and iron minerals using a 1x24h recall interview. Frequency of Fe enhancers and inhibitors by interviewing with Food Frequency Questionnaire. Bivariate analysis using Spearman Rank. The results of statistical tests showed that there was no relationship between IMT/U ($p = 0.440$), Intake of protein ($p = 0.813$), iron ($p = 0.911$) and vitamin C ($p = 0.630$), the frequency of iron enhancers ($p = 0.618$), and iron inhibitors ($p= 0.350$) on the incidence of anemia in adolescent girls in Sirnagalih Village. Adolescent women are expected to regulate eating habits according to balanced nutrition and control body weight.

Keyword : Anemia, Adolescent Women, IMT/U, Eating Habits