HUBUNGAN ASUPAN PROTEIN, FE, ZINC, ASAM FOLAT, VITAMIN B12, KONSUMSI ZAT INHIBITOR DENGAN KEJADIAN ANEMIA GIZI BESI PADA MAHASISWI GIZI UPNVJ

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Abstrak

Anemia merupakan salah satu masalah gizi di Indonesia, dan paling banyak ditemukan pada kelompok WUS (Wanita Usia Subur). Mahasiswi termasuk kedalam kategori WUS dengan rentang usia 18-28 tahun. Faktor yang dapat memengaruhi anemia adalah asupan protein, fe, zinc, asam folat, vitamin B12, dan konsumsi zat inhibitor (tanin, fitat, oksalat, dan kafein). Tujuan penelitian ini adalah untuk mengetahui hubungan konsumsi protein, fe, zinc, asam folat, vitamin b12, dan konsumsi zat inhibitor dengan kejadian anemia gizi besi pada mahasiswi program studi gizi program sarjana UPNVJ. Penelitian ini menggunakan desain studi *cross sectional.* Metode pengambilan sampel menggunakan teknik *Stratified Rdanom Sampling*. Subjek pada penelitian ini adalah mahasiswi program studi gizi program sarjana yaitu sebanyak 65 mahasiswi. Pengambilan kadar hemoglobin mahasiswi diambil menggunakan *Easy Touch GCHB* secara *offline*, dan pengambilan data asupan protein, fe, zinc, asam folat, vitamin B12, dan zat inhibitor diperoleh melalui wawancara secara *offline* menggunakan kuisioner *Semi Qualitative Food Frequency Questionnaire (SQ-FFQ).* Hasil analisis bivariat menggunakan uji *chi-square* menunjukkan hubungan antara asupan protein dengan anemia (p= 0,000), asupan fe dengan anemia (p= 0,000), asupan zinc dengan anemia (p= 0,000), asupan asam folat dengan anemia (p= 0,000), asupan vitamin B12 dengan anemia (p= 0,000), dan konsumsi zat inhibitor dengan anemia (p= 0,001). Hal ini menunjukkan bahwa ada hubungan antara konsumsi protein, fe, zinc, asam folat, vitamin b12, dan konsumsi zat inhibitor dengan kejadian anemia gizi besi pada mahasiswi program studi gizi program sarjana UPNVJ.

Kata Kunci : WUS, Mahasiswi, Anemia, Protein, Fe, Zinc, Asam Folat, Vitamin B12, Zat Inhibitor

RELATIONSHIP OF INTAKE PROTEIN, IRON, ZINC, FOLIC ACID, VITAMIN B12, INHIBITOR OF IRON INTAKE WITH IRON NUTRITIONAL ANEMIA IN UNDERGRADUATE NUTRITION STUDY PROGRAM STUDENTS OF UPNVJ

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Abstract

Anemia is one of the nutritional problems in Indonesia, and most commonly found in the group of women of childbearing age. College students are included in the category of Women of Childbearing Age with an age range of 18-28 years. Factors that can affect anemia are intake of protein, iron, zinc, folic acid, vitamin B12, dan consumption of inhibitors (tannins, phytates, oxalates, dan caffeine). The purpose of this study was to determine the relationship between consumption of protein, iron, zinc, folic acid, vitamin b12, and consumption of inhibitor substances with the incidence of iron nutritional anemia in undergraduate nutrition study program students of UPNVJ. This study used a cross sectional study design. The sampling method used a Stratified Random Sampling technique. The subjects in this study were 65 female students. Hemoglobin levels were taken offline using Easy Touch GCHB, and data on intake of protein, iron, zinc, folic acid, vitamin B12, dan inhibitors were obtained through offline interviews using SQ-FFQ. The results of bivariate analysis using chi-square showed a relationship between protein intake dan anemia (p= 0.000), iron intake dan anemia (p= 0.000), zinc intake dan anemia (p= 0.000), folic acid intake dan anemia (p= 0.000), intake of vitamin B12 with anemia (p= 0.000), and consumption of inhibitors with anemia (p= 0.001). This shows that there is a relationship between the consumption of protein, iron, zinc, folic acid, vitamin b12, dan consumption of inhibitor substances with the incidence of iron nutritional anemia in undergraduate nutrition study students of the UPNVJ.

Keywords: Childbearing Age, College Students, Anemia, Protein, Iron, Zinc, Folic Acid, Vitamin B12, Inhibitor of Iron