

# HUBUNGAN POLA KONSUMSI *INHIBITOR* DAN *ENHANCER* ZAT BESI, KEBIASAAN SARAPAN DAN SIKLUS MENSTRUASI DENGAN GEJALA ANEMIA REMAJA PUTRI SMA IT DAARUL RAHMAN III TAHUN 2022

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## Abstrak

Remaja putri yang menduduki bangku sekolah menengah atas termasuk dalam wanita usia subur, yaitu kelompok yang memiliki risiko tinggi menderita anemia. Angka kejadian anemia pada remaja putri terus meningkat tiap tahunnya di Indonesia. Tujuan dari penelitian ini adalah mengetahui hubungan antara pola konsumsi *inhibitor* dan *enhancer* zat besi, kebiasaan sarapan dan siklus menstruasi dengan gejala anemia pada remaja putri SMA IT Daarul Rahman III tahun 2022. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain *cross sectional*. Pengambilan sampel dilakukan dengan cara *stratified random sampling*, didapatkan sampel sebanyak 77 responden remaja putri berusia 15-18 tahun. Data mengenai gejala anemia, kebiasaan sarapan dan siklus menstruasi diperoleh dari pengisian kuesioner. Data pola konsumsi *inhibitor* dan *enhancer* zat besi diperoleh melalui wawancara menggunakan lembar *Food Frequency Questionnaire* (FFQ). Hasil analisis univariat menunjukkan status gejala anemia sebagian besar responden (58,4%) tergolong tidak bergejala anemia. Hasil analisis bivariat menggunakan uji *chi-square* menunjukkan hubungan antara pola konsumsi *inhibitor* ( $p=0,023$ ) dan *enhancer* ( $p=0,009$ ) zat besi, kebiasaan sarapan ( $p=0,013$ ) dan siklus menstruasi ( $p=0,011$ ) dengan gejala anemia pada remaja putri SMA IT Daarul Rahman III. Ketika menstruasi, remaja putri dapat mengonsumsi pangan yang kaya akan zat besi beserta *enhancer*-nya dan menghindari konsumsi pangan yang mengandung *inhibitor* zat besi.

**Kata Kunci** : Anemia, *Enhancer*, *Inhibitor*, Menstruasi, Sarapan

# **THE RELATIONSHIP OF IRON INHIBITOR AND ENHANCER CONSUMPTION PATTERNS, BREAKFAST HABITS AND MENSTRUAL CYCLE WITH SYMPTOMS OF ANEMIA IN ADOLESCENT GIRLS AT SMA IT DAARUL RAHMAN III IN 2022**

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## **Abstract**

Adolescent girls who undergo high school education are included in the category of reproductive age women, which is a group that has a high risk of suffering from anemia. The incidence of anemia in adolescent girls continues to increase every year in Indonesia. Anemia in young women can cause them to be susceptible to infection, easily tired, decreased enthusiasm for learning, to stunted growth. There are several factors that can affect the occurrence of anemia. The purpose of this study was to determine the relationship between consumption patterns of iron inhibitors and enhancers, breakfast habits and menstrual cycles with symptoms of anemia in adolescent girls at SMA IT Daarul Rahman III in 2022. This study was a quantitative research using a cross sectional design. Sampling was done by stratified random sampling, obtained a sample of 77 female respondents aged 15-18 years. Data regarding symptoms of anemia, breakfast habits and menstrual cycle were obtained from filling out a questionnaire. Data on consumption patterns of iron inhibitors and enhancers were obtained through interviews using the Food Frequency Questionnaire (FFQ) sheet. The results of the univariate analysis showed that most of the respondents (58.4%) had no symptoms of anemia. The results of bivariate analysis using the chi-square test showed a relationship between consumption patterns of iron inhibitors ( $p=0.023$ ) and enhancers ( $p=0.009$ ), breakfast habits ( $p=0.013$ ) and menstrual cycle ( $p=0.011$ ) with symptoms of anemia in adolescent girls at SMA IT Daarul Rahman III. During menstruation, the girls can eat foods rich of iron and its enhancers and avoid consuming foods that contain iron inhibitors.

**Keyword** : Anemia, Enhancer, Inhibitor, Menstruation, Breakfast