

# HUBUNGAN KUALITAS TIDUR, KONSUMSI *ENHANCER* DAN *INHIBITOR* ZAT BESI DENGAN KADAR HEMOGLOBIN REMAJA PUTRI DI SMAN 3 CIBINONG

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## Abstrak

Anemia dipengaruhi oleh kadar hemoglobin tubuh dimana faktor yang dapat mempengaruhi kadar hemoglobin salah satunya adalah kualitas tidur. Anemia juga terjadi karena defisiensi asupan zat gizi besi yang dipengaruhi oleh kemampuan penyerapan zat besi. Penyerapan asupan zat besi dapat dipengaruhi oleh faktor pendorong (*enhancer*) dan penghambat (*inhibitor*). Adapun tujuan penelitian ini untuk mengetahui bagaimana hubungan kualitas tidur, konsumsi *enhancer* dan *inhibitor* zat besi dengan kadar hemoglobin pada remaja putri di SMAN 3 Cibinong. Penelitian ini merupakan penelitian observasional dengan desain *cross sectional* dan melibatkan 50 siswi kelas X dan XI yang dipilih dengan teknik *stratified random sampling*. Didapatkan hasil rata-rata kadar Hb responden adalah 12,7 g/dL. Sebanyak 54% responden sering mengkonsumsi *enhancer* zat besi dan 56% responden sering mengkonsumsi *inhibitor* zat besi. Terdapat hubungan antara kualitas tidur dengan kadar Hb ( $p = 0,024$ ), tidak terdapat hubungan antara konsumsi *enhancer* zat besi dengan kadar Hb ( $p = 0,209$ ), dan terdapat hubungan antara konsumsi *inhibitor* zat besi dengan kadar Hb ( $p = 0,033$ ). Sehingga kesimpulannya adalah kualitas tidur dan kebiasaan konsumsi *inhibitor* zat besi dapat mempengaruhi kadar Hb dan memicu anemia sehingga responden disarankan mengurangi konsumsi *inhibitor* zat besi sebagai upaya pencegahan dini kejadian anemia.

**Kata Kunci:** *Enhancer & inhibitor* zat besi, kadar hemoglobin, kualitas tidur

# **RELATIONSHIP BETWEEN QUALITY OF SLEEP, CONSUMPTION IRON ENHANCERS AND INHIBITORS WITH HEMOGLOBIN LEVELS IN ADOLESCENT FEMALE AT SMAN 3 CIBINONG**

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## **Abstract**

Anemia is caused by the hemoglobin level and the factor that can affect hemoglobin levels is sleep quality. Anemia also occurs due to a deficiency of iron nutrient intake which is affected by the ability to absorb iron. The absorption of iron intake can be influenced by enhancers and inhibitors. The purpose of this study is to determine the relationship between sleep quality, consumption of iron enhancers, and inhibitors with hemoglobin levels in female adolescents at SMAN 3 Cibinong. This study was an observational study with a cross-sectional design and involved 50 female students in grades X and XI who were selected using stratified random sampling. It was found that the average Hb level of the respondents was 12.7 g/dL. As many as 54% of respondents often consume iron enhancers and 56% of respondents often consume iron inhibitors. There is a relationship between sleep quality and Hb levels ( $p = 0.024$ ), there is no relationship between consumption of iron enhancers and Hb levels ( $p = 0.209$ ), and there is a relationship between consumption of iron inhibitors and Hb levels ( $p = 0.033$ ). So the conclusion is that sleep quality and consumption habits of iron inhibitors can affect Hb levels and trigger anemia so respondents are advised to reduce the consumption of iron inhibitors in an effort to prevent anemia early.

**Keywords:** Iron enhancers & inhibitors, hemoglobin level, sleep quality