

HUBUNGAN ASUPAN ZAT BESI, VITAMIN C, FREKUENSI KONSUMSI MINUMAN BERISIKO, DAN PERILAKU DIET DENGAN ANEMIA DEFISIENSI BESI REMAJA PUTRI SMA NEGERI 6 DEPOK

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Abstrak

Latar Belakang: Anemia merupakan kondisi kadar hemoglobin lebih rendah daripada kadar normal. Di Indonesia, anemia merupakan gangguan gizi yang masih sering dijumpai di lingkungan sekolah. **Tujuan:** Mengetahui hubungan asupan zat besi, vitamin C, frekuensi konsumsi minuman berisiko, dan perilaku diet dengan kejadian anemia defisiensi besi remaja putri SMAN 6 Depok. **Metode:** Penelitian kuantitatif menggunakan desain penelitian *cross-sectional*. Sampel yang digunakan sebanyak 123 responden remaja putri yang berusia 16-18 tahun menggunakan cara *stratified random sampling*. Data mengenai asupan zat besi dan vitamin C serta frekuensi konsumsi minuman berisiko diperoleh melalui hasil wawancara menggunakan lembar SQ-FFQ dan FFQ. Data perilaku diet siswi diperoleh dari pengisian kuesioner serta kadar hb diperoleh dengan pengambilan data secara langsung oleh mahasiswa S1 keperawatan. **Hasil:** Hasil analisis univariat menunjukkan kejadian anemia di SMAN 6 Depok sebesar 13%. Hasil analisis bivariat menggunakan *uji chi-square* menunjukkan hubungan antara asupan zat besi ($p=0,016$) asupan vitamin c ($p=0,0245$), dan perilaku diet ($p=0,024$) serta tidak ada hubungan frekuensi konsumsi teh ($p=1,000$), frekuensi konsumsi kopi ($p=1,000$) dengan kejadian anemia defisiensi besi remaja putri SMAN 6 Depok. **Kesimpulan:** Remaja putri perlu meningkatkan kepedulian terhadap kejadian anemia dan meningkatkan perilaku pencegahan dengan memperhatikan asupan zat besi, vitamin C, membatasi konsumsi teh dan kopi sebagai inhibitor Fe, dan menerapkan perilaku diet yang sehat.

Kata Kunci : Anemia, Zat Besi, Vitamin C, Teh Kopi, Perilaku Diet

THE RELATIONSHIP BETWEEN IRON AND VITAMIN C INTAKE, FREQUENCY OF RISKY DRINK, AND DIETARY BEHAVIOUR WITH IRON DEFICIENCY ANEMIA IN ADOLESCENT GIRLS AT SMA NEGERI 6 DEPOK

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Abstract

Anemia is a condition where the hemoglobin level is lower than normal. In Indonesia, anemia is a nutritional disorder that is often found in schools. **Purpose:** To determine the relationship between intake of iron, vitamin C, frequency of consumption of risky drinks, and dietary behavior with the incidence of iron deficiency anemia in female adolescents at SMAN 6 Depok. **Methods:** Quantitative study using a cross-sectional research design. The sample used was 123 young female respondents aged 16-18 years using stratified random sampling. Data regarding patterns of consumption of iron and vitamin C and frequency of consumption of risky drinks were obtained through interviews using the SQ-FFQ and FFQ sheets. Dietary behavior data of female students were obtained from filling out questionnaires and Hb levels were obtained by taking data directly by nursing undergraduate students. **Results:** The results of univariate analysis showed that the incidence of anemia at SMAN 6 Depok was 13%. The results of bivariate analysis using the chi-square test showed a relationship between iron consumption pattern ($p=0.016$), vitamin C consumption pattern ($p=0.0245$), and dietary behavior ($p=0.024$) and there was no relationship between tea consumption frequency ($p=1,000$), frequency of coffee consumption ($p=1,000$) with the incidence of iron deficiency anemia in female adolescents at SMAN 6 Depok. **Conclusions:** Adolescent girls need to increase awareness of the incidence of anemia and improve prevention behavior by paying attention to intake of iron and vitamin C, limiting consumption of tea and coffee as Fe inhibitors, and adopting healthy dietary behaviors.

Key word: Anemia, Iron, Vitamin C, Tea, Coffee, Diet Behavior