

# HUBUNGAN KEPATUHAN KONSUMSI TTD, ASUPAN ZAT GIZI, DAN STATUS GIZI TERHADAP KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMPN 1 GUNUNGSARI

Sekarmirah Octila Abby

## Abstrak

Remaja putri merupakan kelompok yang rentan anemia karena berada pada fase 2<sup>nd</sup> *growth spurt* dan mengalami menstruasi setiap bulan. Anemia pada remaja putri dapat memberikan dampak yang merugikan. Peningkatan prevalensi anemia dapat dicegah dan diturunkan dengan suplementasi TTD pada kelompok wanita usia subur (WUS), termasuk remaja putri. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan konsumsi TTD, asupan zat gizi, dan status gizi dengan kejadian anemia pada remaja putri di SMPN 1 Gunungsari. Penelitian ini menggunakan desain *cross sectional*. Pengambilan sampel dilakukan dengan teknik *stratified random sampling*. Data dikumpulkan melalui pemeriksaan Hb, formulir SQ-FFQ, dan pemeriksaan antropometri. Analisis hubungan menggunakan uji *Chi-Square* dan *Fisher's Exact*. Hasil penelitian ini menunjukkan terdapat hubungan antara kepatuhan konsumsi TTD ( $p = 0,002$ ), asupan protein ( $p = 0,034$ ), dan zat besi ( $p = 0,046$ ) dengan kejadian anemia dan tidak terdapat hubungan antara asupan vitamin C ( $p = 0,139$ ), inhibitor zat besi ( $p = 0,183$ ), dan status gizi ( $p = 1,000$ ) dengan kejadian anemia pada remaja putri di SMPN 1 Gunungsari. Kesimpulan dari penelitian ini adalah terdapat hubungan antara kepatuhan konsumsi TTD, asupan protein dan zat besi dengan kejadian anemia, serta tidak ada hubungan antara asupan vitamin C, inhibitor zat besi, dan status gizi dengan kejadian anemia.

**Kata Kunci:** Anemia, Asupan Zat Gizi, Remaja Putri, Status Gizi, Tablet Tambah Darah

# **THE RELATIONSHIP BETWEEN TTD CONSUMPTION COMPLIANCE, NUTRITIONAL INTAKE, AND NUTRITIONAL STATUS ON THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT SMPN 1 GUNUNGSARI**

**Sekarmirah Octila Abby**

## **Abstract**

Adolescent girls are a group that is prone to anemia because they are in the 2nd growth spurt phase and experience menstruation every month. Anemia in young women can have a detrimental effect. The increase in the prevalence of anemia can be prevented and reduced by supplementing iron supplements in the group of women of childbearing age (WUS), including young women. This study aims to determine the relationship between compliance with iron tablets consumption, nutrient intake, and nutritional status with the incidence of anemia in young women at SMPN 1 Gunungsari. This study used a cross sectional design. Sampling was done by stratified random sampling technique. Data was collected through Hb examination, SQ-FFQ form, and anthropometric examination. Analysis of the relationship using the Chi-Square test and Fisher's Exact. The results of this study showed that there was a relationship between compliance with iron tablets consumption ( $p = 0.002$ ), protein intake ( $p = 0.034$ ), and iron ( $p = 0.046$ ) with the incidence of anemia and there was no relationship between intake of vitamin C ( $p = 0.139$ ), inhibitors iron ( $p = 0.183$ ), and nutritional status ( $p = 1.000$ ) with the incidence of anemia in young women at SMPN 1 Gunungsari. The conclusion of this study is that there is a relationship between adherence to iron supplement consumption, protein and iron intake and the incidence of anemia, and there is no relationship between intake of vitamin C, iron inhibitors, and nutritional status with the incidence of anemia.

**Keyword:** Anemia, Nutritional Intake, Adolescent Girls, Nutritional Status, Blood Supplement Tablets