

# **EKSPLORASI POLA KONSUMSI PROTEIN DAN HUBUNGANNYA DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI SMP NEGERI 2 KOTA TANGERANG SELATAN**

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## **Abstrak**

Riskesdas (2018) menyatakan bahwa terjadi peningkatan angka kejadian anemia pada remaja putri di Indonesia menjadi 48,9% dari tahun 2013. Hal ini disebabkan oleh pola makan tidak sehat sehingga asupan protein tidak tercukupi. Penelitian ini bertujuan untuk mengetahui pola konsumsi protein dan hubungannya dengan kadar hemoglobin pada remaja putri SMP Negeri 2 Kota Tangerang Selatan. Penelitian ini menggunakan desain *cross sectional*. Sampel penelitian ini terdiri dari 106 siswa kelas VII, VIII, dan IX yang dipilih melalui metode *stratified random sampling*. Data yang dikumpulkan berupa pengukuran berat badan, tinggi badan, dan kadar hemoglobin, serta pola konsumsi protein menggunakan *Food recall 2x24* dan *Food frequency Questionnaire (FFQ)*. Analisis data yang digunakan pada penelitian ini menggunakan uji korelasi pearson dan uji *chi-square*. Hasil analisis statistik menunjukkan terdapat hubungan positif yang signifikan antara konsumsi protein total dengan kadar hemoglobin ( $p= 0,033$ ) ( $r= 0,207$ ), semakin tinggi konsumsi protein maka semakin tinggi pula kadar hemoglobin seseorang. Terdapat hubungan yang signifikan antara frekuensi konsumsi protein hewani dengan kejadian anemia ( $p=0,000$ ), namun tidak terdapat hubungan yang signifikan antara frekuensi konsumsi protein nabati dan protein dalam *snack* ( $p > 0,05$ ) dengan anemia. Remaja yang jarang mengonsumsi protein hewani lebih banyak mengalami anemia. Maka disarankan untuk meningkatkan konsumsi protein hewani.

**Kata kunci :** Hemoglobin, Kebiasaan makan, Konsumsi protein

# **EXPLORATION OF PROTEIN CONSUMPTION PATTERNS AND THEIR RELATIONSHIP WITH HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS OF SMP NEGERI 2 SOUTH TANGERANG CITY**

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## **Abstract**

Risikesdas (2018) reported an increase in the incidence of anemia among adolescent girls in Indonesia to 48.9% since 2013. This increase is attributed to unhealthy eating patterns, leading to insufficient protein intake. This study aims to investigate the pattern of protein consumption and its relationship with hemoglobin levels among adolescent girls at SMP Negeri 2 Kota Tangerang Selatan. The study employed a cross-sectional design. The research sample consisted of 106 students from grades VII, VIII, and IX, selected through stratified random sampling. The collected data included measurements of body weight, height, hemoglobin levels, and protein consumption patterns using 2x24-hour Food recall and Food frequency Questionnaire (FFQ). Data analysis was conducted using Pearson correlation tests and chi-square tests. The statistical analysis results showed a significant positive relationship between total protein consumption and hemoglobin levels ( $p=0.033$ ,  $r=0.207$ ), indicating that higher protein consumption is associated with higher hemoglobin levels. There was a significant relationship between the frequency of animal protein consumption and the incidence of anemia ( $p=0.000$ ), but no significant relationship was found between the frequency of plant protein and snack protein consumption ( $p > 0.05$ ) and anemia. Adolescents who rarely consumed animal protein were more likely to experience anemia. Therefore, it is recommended to increase the consumption of animal protein.

**Keywords:** Hemoglobin, Eating habits, Protein consumption