

MODEL PENGUKURAN LITERASI DAN INDEKS MUTU ASUPAN GIZI UNTUK MENCEGAH ANEMIA PADA REMAJA PUTRI DI SMAN 1 MAJALAYA KARAWANG JAWA BARAT TAHUN 2025

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Abstrak

Anemia pada remaja merupakan masalah kesehatan yang berdampak luas. Penelitian ini bertujuan menyusun model pengukuran literasi gizi dan indeks mutu asupan gizi terhadap kejadian anemia pada remaja putri di SMAN 1 Majalaya, Karawang. Metode yang digunakan adalah desain metode campuran dengan strategi penjelasan sekuensial. Penelitian kuantitatif meliputi pengukuran kadar hemoglobin POCT, BMI/Ag, kuesioner literasi gizi, pola konsumsi suplemen zat besi, dan FFQ, yang dianalisis menggunakan GSEM. Hasil menunjukkan bahwa literasi gizi rendah merupakan faktor risiko dominan anemia (OR = 12,78; 95% CI: 2,37–69,07; $p = 0,003$) dan berpengaruh signifikan terhadap rendahnya indeks mutu asupan gizi (OR = 4,42; 95% CI: 1,35–14,43; $p = 0,014$). Pendidikan ayah rendah meningkatkan risiko anemia (OR = 10,78; 95% CI: 1,72–67,77; $p = 0,011$) dan mutu gizi rendah (OR = 8,60; 95% CI: 2,03–36,42; $p = 0,003$). Pendapatan ayah di bawah UMR juga berpengaruh terhadap anemia (OR = 8,46; 95% CI: 1,51–47,35; $p = 0,015$) dan indeks mutu gizi rendah (OR = 7,40; 95% CI: 1,78–30,75; $p = 0,006$). Anemia remaja putri dipengaruhi kuat oleh literasi gizi dan determinan sosial ekonomi keluarga, sehingga diperlukan penguatan edukasi gizi berkelanjutan dengan dukungan keluarga dan sekolah sebagai strategi pencegahan utama.

Kata kunci: Anemia, Indeks Mutu Asupan Gizi, Pengukuran Literasi, Remaja Putri

MODEL FOR MEASURING LITERACY AND NUTRITION QUALITY INDEX TO PREVENT ANEMIA IN ADOLESCENT GIRLS AT SMAN 1 MAJALAYA KARAWANG, WEST JAVA IN 2025

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Abstract

Anemia in adolescents is a widespread health problem. This study aims to develop a model for measuring nutritional literacy and nutritional intake quality index in relation to the incidence of anemia in adolescent girls at SMAN 1 Majalaya, Karawang. The method used is a mixed-method design with a sequential explanatory strategy. The quantitative study included measurements of POCT hemoglobin levels, BMI/Age, nutrition literacy questionnaires, iron supplement consumption patterns, and FFQ, which were analyzed using GSEM. The results show that low nutritional literacy is a dominant risk factor for anemia (OR = 12.78; 95% CI: 2.37–69.07; $p = 0.003$) and has a significant effect on low nutritional intake quality index (OR = 4.42; 95% CI: 1.35–14.43; $p = 0.014$). Low father's education increased the risk of anemia (OR = 10.78; 95% CI: 1.72–67.77; $p = 0.011$) and low nutritional quality (OR = 8.60; 95% CI: 2.03–36.42; $p = 0.003$). Father's income below the minimum wage also affects anemia (OR = 8.46; 95% CI: 1.51–47.35; $p = 0.015$) and low nutritional quality index (OR = 7.40; 95% CI: 1.78–30.75; $p = 0.006$). Anemia in adolescent girls is strongly influenced by nutritional literacy and family socioeconomic determinants, thus requiring the strengthening of continuous nutrition education with the support of families and schools as the main prevention strategy.

Keywords: *Adolescent Girls, Anemia, Literacy Measurement, Nutritional Intake Quality Index*