

HUBUNGAN STATUS GIZI, KONSUMSI KAFEIN, KONSUMSI SUMBER FE, ENHANCER FE, DAN KEPATUHAN KONSUMSI TTD DENGAN KEJADIAN ANEMIA PADA SISWI SMAN 13 KOTA DEPOK

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Abstrak

Pada tahun 2023, survei Profil Kesehatan Kota Depok melaporkan prevalensi anemia sebesar 36,34% di kalangan remaja putri berdasarkan skrining hemoglobin (Hb) terhadap 26.178 siswi. Penelitian ini bertujuan untuk menganalisis hubungan antara status gizi (IMT/U dan LiLA), konsumsi kafein, konsumsi sumber Fe, konsumsi *enhancer* Fe, dan kepatuhan konsumsi Tablet Tambah Darah (TTD) dengan kejadian anemia pada siswi SMAN 13 Kota Depok. Desain penelitian yaitu studi *cross-sectional* dengan teknik *stratified random sampling* pada 90 siswi kelas 10 dan 11. Hasil uji bivariat menunjukkan bahwa hanya konsumsi sumber Fe yang memiliki hubungan signifikan dengan kejadian anemia ($p = 0,001$), sedangkan status gizi IMT/U ($p = 0,078$), LiLA ($p = 0,261$), konsumsi kafein ($p = 0,200$), konsumsi *enhancer* Fe ($p = 0,076$), dan kepatuhan konsumsi TTD ($p = 0,658$) tidak menunjukkan hubungan yang bermakna secara statistik.

Kata Kunci : Anemia, Status Gizi, Konsumsi Kafein, Kepatuhan Konsumsi TTD, Remaja Putri.

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, CAFFEINE INTAKE, DIETARY IRON SOURCES, IRON ENHANCERS, AND IRON TABLET COMPLIANCE WITH THE INCIDENCE OF ANEMIA AMONG FEMALE STUDENTS OF SMAN 13 DEPOK CITY

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Abstract

In 2023, the Depok City Health Profile survey reported a prevalence of anemia of 36.34 per cent among adolescent girls, based on haemoglobin (Hb) screening of 26,178 schoolgirls. This study was conducted to analyze the relations among nutritional status (BMI-for-age and mid-upper arm circumference), caffeine intake, consumption of iron-rich foods, consumption of iron supplements, and adherence to iron-fortified tablet intake with incidence of anemia among female students at State Senior High School 13, Depok City. The study design was a cross-sectional study using stratified random sampling among 90 female students in Years 10 and 11. Bivariate analysis results showed that only the consumption of iron-rich foods was significantly associated with the prevalence of anemia ($p = 0.001$), whilst nutritional status (BMI-for-age) ($p = 0.078$), LiLA ($p = 0.261$), caffeine intake ($p = 0.200$), iron enhancer intake ($p = 0.076$) and adherence to TTD intake ($p = 0.658$) did not show a statistically significant association.

Keywords: Anemia, Nutritional Status, Caffeine Consumption, Iron Supplement Compliance, Adolescent Girls.