

HUBUNGAN KADAR HEMOGLOBIN, TINGKAT ASUPAN OMEGA-3, FOLAT, DAN SENG DENGAN TINGKAT KONSENTRASI BELAJAR PADA REMAJA PUTRI SMK TEKNINDO JAYA

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Abstrak

Konsentrasi belajar merupakan kemampuan memusatkan perhatian yang berperan penting dalam keberhasilan akademik. Tingkat konsentrasi dipengaruhi oleh berbagai faktor, termasuk kadar hemoglobin (Hb) serta asupan zat gizi seperti omega-3, folat, dan seng. Penelitian ini bertujuan menganalisis hubungan kadar hemoglobin, tingkat asupan omega-3, folat, dan seng dengan tingkat konsentrasi belajar pada remaja putri di SMK Teknindo Jaya. Penelitian menggunakan desain *cross-sectional* dengan teknik *total sampling* pada 88 remaja putri. Kadar hemoglobin diukur menggunakan EasyTouch GCHb, asupan zat gizi diperoleh melalui Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), dan konsentrasi belajar diukur menggunakan *Grid Concentration Test*. Analisis data menggunakan uji Chi-square. Hasil penelitian menunjukkan sebagian besar responden memiliki konsentrasi belajar kurang (61,4%), Hb normal (75%), asupan omega-3 cukup (69,3%), serta asupan folat (51,1%) dan seng (63,6%) kurang. Tidak terdapat hubungan signifikan antara Hb ($p = 0,077$), omega-3 ($p = 0,497$), folat ($p = 0,480$), dan seng ($p = 0,098$) dengan tingkat konsentrasi belajar. Disimpulkan bahwa kadar hemoglobin, asupan omega-3, folat, dan seng tidak berhubungan secara signifikan dengan konsentrasi belajar remaja putri di SMK Teknindo Jaya. Hasil tersebut mengindikasikan bahwa konsentrasi belajar kemungkinan dipengaruhi oleh faktor lain yang tidak diteliti, sehingga penelitian selanjutnya disarankan mempertimbangkan variabel lain yang berpotensi memengaruhi konsentrasi belajar.

Kata Kunci: Konsentrasi Belajar, Kadar Hemoglobin, Omega-3, Folat, Seng

THE RELATIONSHIP BETWEEN HEMOGLOBIN LEVELS, OMEGA-3, FOLATE, AND ZINC INTAKE, AND LEARNING CONCENTRATION LEVELS AMONG FEMALE ADOLESCENTS AT TEKNINDO JAYA VOCATIONAL HIGH SCHOOL

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Abstract

Concentration refers to the ability to focus one's attention, which plays a crucial role in academic success. This study aimed to analyze the relationship between hemoglobin (Hb) levels, omega-3, folate, and zinc intake with learning concentration among female adolescents at SMK Teknindo Jaya. This cross-sectional study used total sampling involving 88 female adolescents. Hemoglobin levels were measured using EasyTouch GCHb, nutrient intake was assessed using the SQ-FFQ, and concentration levels were measured using the Grid Concentration Test. Data were analyzed using the Chi-square test. Most respondents had poor concentration levels (61,4%), normal Hb levels (75%), adequate omega-3 intake (69,3%), and insufficient folate (51,1%) and zinc intake (63.6%). There was no significant association between Hb ($p = 0,077$), omega-3 ($p = 0,497$), folate ($p = 0,480$), and zinc ($p = 0,098$) with concentration levels. It is concluded that hemoglobin levels, omega-3 intake, folate, and zinc are not significantly associated with the concentration levels of female adolescents at SMK Teknindo Jaya. These results indicate that learning concentration may be influenced by other factors not examined in this study, therefore, future research is advised to consider other variables that could potentially affect concentration while studying.

Keywords: *Learning Concentration, Hemoglobin Level, Omega-3, Folate, Zinc*