

DETERMINAN ANEMIA PADA REMAJA PUTRI USIA 13–17 TAHUN DI DEPOK TAHUN 2026

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Abstrak

Anemia di kalangan remaja putri masih merupakan isu kesehatan warga karena dapat menurunkan fokus pembelajaran, produktivitas, daya tahan tubuh, serta mempengaruhi kesehatan reproduksi di zaman depan. Penelitian ini bertujuan menganalisis determinan penyebab anemia pada remaja putri umur 13-17 tahun di Depok. Peneliti menerapkan rancangan *cross-sectional* terhadap 209 remaja putri yang dipilih menggunakan teknik *purposive sampling*. Data diperoleh melalui pemeriksaan kadar hemoglobin, kuesioner *Pittsburgh Sleep Quality Index* (PSQI), *Dietary Diversity Score* (DDS), *Morisky Medication Adherence Scale* (MMAS-8), serta *food recall 2×24 jam*, kemudian dianalisis secara univariat, bivariat (Chi-Square), dan multivariat. Hasil menunjukkan prevalensi anemia sebesar 37,3%. Pada analisis bivariat, keanekaragaman pangan ($p<0,001$) dan kepatuhan minum TTD ($p=0,001$) berkesinambungan signifikan terhadap anemia, sedangkan kualitas tidur ($p=0,476$), konsumsi *enhancer* zat besi ($p=0,153$), dan konsumsi *inhibitor* zat besi ($p=0,657$) tidak berkesinambungan signifikan. Analisis multivariat mengonfirmasi kedua variabel itu tetap signifikan setelah dikontrol bersama, berdasarkan nilai OR (Exp(B)), kepatuhan minum TTD sebagai determinan paling dominan terhadap kejadian anemia (OR=9,192; $p=0,004$), diikuti keanekaragaman pangan (OR=3,645; $p=0,001$), sementara konsumsi *enhancer* zat besi terbukti bukan variabel perancu. Disimpulkan bahwa kepatuhan TTD merupakan determinan utama anemia di kalangan remaja putri di Depok tahun 2026.

Kata kunci: Anemia, Remaja Putri, Keanekaragaman Pangan, Tablet Tambah Darah, dan Zat Besi.

DETERMINANTS OF ANEMIA AMONG ADOLESCENT GIRLS AGED 13–17 YEARS IN DEPOK, 2026

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Abstract

Anemia among adolescent girls remains a major public health problem because it may reduce learning concentration, productivity, immune function, and reproductive health in later life. The research utilized an analytical observational design with a cross-sectional method involving 209 adolescent girls chosen through purposive sampling. Data were collected through hemoglobin measurement, the Pittsburgh Sleep Quality Index (PSQI), Dietary Diversity Score (DDS), Morisky Medication Adherence Scale (MMAS-8), and 2×24-hour food recalls. Data were examined through univariate and bivariate analyses employing the Chi-Square test, and multivariate analysis utilizing multiple logistic regression. The results showed an anemia prevalence of 37.3%. Dietary diversity ($p<0.001$) and adherence to iron supplementation ($p=0.001$) were significantly associated with anemia, whereas sleep quality ($p=0.476$), iron enhancer intake ($p=0.153$), and iron inhibitor intake ($p=0.657$) were not. Multivariate analysis confirmed that dietary diversity and adherence to iron supplementation remain strongly associated with anemia. Adherence to iron supplementation was the most dominant determinant ($OR=9.192$; $p=0.004$), followed by dietary diversity ($OR=3.645$; $p=0.001$), while iron enhancer consumption was not a confounding variable. In conclusion, adherence to iron supplementation were associated with anemia among adolescent girls in Depok in 2026.

Keywords: *Anemia, Adolescent Girls, Dietary Diversity, Iron Supplementation, and Iron.*