GAMBARAN IMT/U, ASUPAN ZAT BESI (FE), DAN INHIBITOR ZAT BESI (FE) DENGAN ANEMIA REMAJA PUTRI DI SMA MUHAMMADIYAH 7 SAWANGAN, DEPOK TAHUN 2018

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Abstrak

Latar Belakang: Anemia defisiensi besi (ADB) merupakan salah satu masalah kesehatan utama di Indonesia. Anemia defisiensi besi pada anak usia sekolah saat ini menjadi masalah gizi yang serius di Indonesia. Tujuan Penelitian: Tujuan penelitian ini adalah untuk mengetahui gambaran IMT/U, asupan zat besi (Fe), *inhibitor* zat besi (Fe) dengan anemia remaja putri di SMA Muhammadiyah 7 Sawangan Depok Tahun 2018. Metode: Penelitian ini menggunakan desain cross sectional (belah lintang). Metode pengambilan sampel menggunakan probability sampling. Subjek penelitian ini adalah anak remaja putri usia 15 tahun sejumlah 42 siswi. Penelitian ini dilakukan di SMA Muhammadiyah 7 Sawangan Depok. Kadar hemoglobin dianalisis menggunakan alat *Easy touch GcHb*. Data antropometri diperoleh dengan pengukuran tinggi badan dan berat badan, dan data asupan zat besi maupun *inhibitor* zat besi diperoleh melalui wawancara menggunakan kuesioner Semi-Quantitative Food Frequency Questionnaire (FFQ). Hasil: Status gizi remaja putri berdasarkan IMT/U di SMA Muhammadiyah 7 Sawangan Depok sebagian besar memiliki IMT tidak normal sebanyak 32 siswi (76.2%), dan berdasarkan hasil asupan zat besi (Fe) yang mengkonsumsi katagori kurang sebanyak 39 siswi (92.9%), dan untuk hasil dari inhibitor zat besi (Fe) yang disebut sebagai penghambat zat besi, remaja putri yang mengkonsumsi sering sebanyak 30 siswi (71.4%) karena sangat sering mengkonsumsi teh lebih dari 1 kali dalam seminggu. Kesimpulan: Berdasarkan hasil penelitian status gizi remaja putri berdasarkan IMT/U di SMA Muhammadiyah 7 Sawangan Depok sebagian besar tidak normal sebanyak 32 responden (76.2%), dan asupan zat besinya sebagian besar tergolong sangat kurang 39 responden (92.9%), dan untuk inhibitor zat besinya sebagian besar sangat sering sebanyak 30 responden (71.4%) dikarenakan sering mengkonsumsi teh lebih dari 1 kali dalam seminggu.

Kata Kunci : Anemia, IMT/U, Asupan zat besi (Fe), *Inhibitor* zat besi (Fe), Remaja putri

DESCRIPTION BMI/U, IRON SUBSTANCE (FE), AND IRON (FE) INHIBITOR WITH ADOLESCENT ANEMIA IN SMA MUHAMMADIYAH 7 SAWANGAN DEPOK TAHUN 2018

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Abstract

Background: Iron deficiency anemia (ADB) is one of the main health problems in Indonesia. Iron deficiency anemia in school-aged children is currently a serious nutritional problem in Indonesia. Research Objectives: The aim of this study was to determine the description of BMI / U, iron (Fe) intake, iron (Fe) inhibitors with anemia in young women in Muhammadiyah 7 Sawangan Depok High School in 2018. Method: This study used a cross sectional design (split latitude). The sampling method uses probability sampling. The subjects of this study were 42 adolescent girls aged 42 students. This research was conducted at Muhammadiyah 7 High School Sawangan Depok. Hemoglobin levels were analyzed using the Easy touch GcHb method. Anthropometric data were obtained by measuring height and weight, and data on iron intake and iron inhibitors were obtained through interviews using the Semi-Quantitative Food Frequency Questionnaire (FFQ) questionnaire. Results: Nutritional status of female adolescents based on BMI / U at Sawangan Muhammadiyah 7 High School was mostly abnormal as many as 32 female students (76.2%), and based on the results of iron (Fe) intake consuming as many as 39 students (92.9%), and for the results of iron (Fe) inhibitors called iron inhibitors, female teenagers who consume as many as 30 female students (71.4%) often consume tea more than once a week. Conclusion: Based on the results of research on nutritional status of young women based on BMI / U at Sawangan Muhammadiyah 7 High School, most of the 32 respondents (76.2%), and iron intake were mostly very poor, 39 respondents (92.9%), and for substance inhibitors most of the iron is very often 30 respondents (71.4%) due to frequent consumption of tea more than once a week.

Keywords: Anemia,BMI/U,Iron Intake, Iron Inhibitors, Young Women.