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HUBUNGAN ASUPAN PROTEIN HEWANI DENGAN KADAR HEMOGLOBIN PADA SANTRI PUTRI DI PONDOK PESANTREN ASKHABUL KAHFI KOTA SEMARANG

ABSTRAK

Latar Belakang : Remaja putri rawan memiliki kadar hemoglobin rendah yang disebabkan oleh rendahnya asupan protein hewani. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi protein hewani dengan kadar hemoglobin pada santri putri di Pondok Pesantren Askhabul Kahfi, Kota Semarang.

Metode : Jenis penelitian ini adalah penelitian analitik korelasi dengan metode *Cross Sectional*, menggunakan teknik sampling *Proportional Random sampling* dengan jumlah populasi berjumlah 84 remaja putri. Instrumen penelitian berupa lembar FFQ (*Food Frequency Questionnaire*) semi kuantitatif, kuesioner karakteristik responden dan *Hemoglobinometer Digital*. Analisis bivariat menggunakan uji *Korelasi Rank Spearman* ($\alpha = 0,05$).

Hasil : Kadar hemoglobin santri putri di Pondok Pesantren Askhabul Kahfi Kota Semarang rata-rata 12 mg/dl dalam kategori tidak anemia sebanyak 69 orang (82,14%), < 8 mg/dl sebanyak 1 orang (1%) dalam kategori anemia berat, 8 mg/dl-10,9 mg/dl sebanyak 8 orang (9,52%) dalam kategori anemia sedang, 11 mg/dl-1,9 mg/dl sebanyak 6 orang (7,16%) dalam kategori anemia ringan. Analisis bivariat menunjukkan tidak terdapat hubungan asupan protein hewani dengan kadar hemoglobin pada remaja putri ($p = 0,57$).

Simpulan : Tidak terdapat hubungan asupan protein hewani dengan kadar hemoglobin pada santri putri di Pondok Pesantren Askhabul Kahfi, Kota Semarang.

Kata kunci : Remaja, anemia, protein hewani, hemoglobin

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RELATIONSHIP ANIMAL PROTEIN INTAKE WITH HEMOGLOBIN LEVELS IN ADOLESCENTS FEMALE AT ASKHABUL KAHFI ISLAMIC BOARDING SCHOOL, SEMARANG CITY

ABSTRACT

Background : Adolescent girls are prone to having low hemoglobin levels caused by low intake of animal protein. This study to determine the relationship between consumption of intake animal protein with hemoglobin levels female students at Askhabul Kahfi Islamic Boarding School, Semarang City.

Methods : This type of research is a correlation analytic study with the *Cross Sectional* method, using the *Proportional Random sampling* technique with a total population of 84 young women. The instruments using by semi-quantitative FFQ (*Food Frequency Questionnaire*) sheets, respondent characteristic questionnaires and a *Digital Hemoglobinometer*. Bivariate analysis using the *Spearman Rank Correlation* test ($\alpha = 0,05$).

Results : Hemoglobin level of female students at the Askhabul Kahfi Islamic Boarding School, Semarang, averaged 12 mg/dl in the non-anemic category of 69 people (82.14%), <8 mg/dl of 1 person (1%) in the category of severe anemia, 8 mg/dl-10.9 mg/dl in 8 people (9.52%) in the moderate anemia category, 11 mg/dl-1.9 mg/dl in 6 people (7.16%) in the mild anemia category. Analysis bivariate showed that there was no relationship between intake of animal protein with hemoglobin levels in female adolescents ($p = 0.57$).

Conclusion : No relationship between intake of animal protein with hemoglobin levels in adolescents female at Askhabul Kahfi Islamic Boarding School, Semarang City.

Keywords : Adolescent, anemia, animal protein, hemoglobin