

HUBUNGAN ASUPAN ZAT BESI DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI PONDOK PESANTREN ASHABUL KAHFI GUNUNG PATI

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ABSTRAK

Latar Belakang : Anemia merupakan salah satu masalah gizi utama pada remaja putri. Salah satu factor yang mempengaruhi kadar hemoglobin adalah asupan zat besi.

Tujuan : Menganalisis hubungan antara asupan zat besi dengan kadar hemoglobin pada remaja putri di Pondok Pesantren Ashabul Kahfi Gunung Pati.

Metode : Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross sectional*. Populasi 324 orang dengan jumlah sampel 84 orang diambil dengan metode *random sampling*. Asupan Zat besi di ukur secara langsung dengan wawancara menggunakan form FFQ Semi kuantitatif. Kadar Hemoglobin di dilakukan dengan pemeriksaan lansung menggunakan metode *finger prick blood test*. Analisi bivariat menggunakan uji *Korelasi Rank Spearman* (p value = <0,05).

Hasil : Rata-rata persentase asupan zat besi reponden $1,62 \text{ g} \pm 0,489 \text{ g}$, dimana persentase asupan terendah adalah 1 g dan asupan tertinggi 2 g. nilai rata-rata kadar hemoglobin remaja putri $3,57 \text{ mg/dl} \pm 0,789 \text{ mg/dl}$ dimana nilai kadar hemoglobin terendah adalah 2 mg/dl dan kadar hemoglobin tertinggi 4 mg/dl. Tidak ada hubungan hubungan antara asupan Zat besi dengan kadar hemoglobin pada santri putri di Pondok Pesantren Askhabul Kahfi, Gunung Pati ($p = 0,65$)

Simpulan : Tidak ada hubungan antara asupan Zat besi dengan kadar hemoglobin pada santri putri di Pondok Pesantren Askhabul Kahfi, Gunung Pati.

Kata Kunci : Asupan Zat Besi, Kadar Hemoglobin, Anemia

THE RELATIONSHIP BETWEEN IRON INTAKE WITH HEMOGLOBIN LEVELS IN ADOLESCENT WOMEN AT THE ASHABUL KAHFI Islamic Boarding School, Gunung Pati

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ABSTRACT

Background : Anemia is one of the main nutritional problems in adolescent girls. One factor that influences hemoglobin levels is iron intake.

Purpose: Analyzing the relationship between iron intake and hemoglobin levels in adolescent girls at the Ashabul Kahfi Islamic Boarding School, Gunung Pati..

Methods: This research uses an observational analytical design with a cross sectional approach. The population was 324 people with a sample size of 84 people taken using the random sampling method. Iron intake was measured directly by interview using the semi-quantitative FFQ form. Hemoglobin levels are carried out by direct examination using the finger prick blood test method. Bivariate analysis used the Spearman Rank Correlation test (p value = <0.05).

Results: The average percentage of respondents' iron intake was 1.62 g ± 0.489 g, where the lowest percentage intake was 1 g and the highest intake was 2 g. The average value of hemoglobin levels for female adolescents was 3.57 mg/dl ± 0.789 mg/dl where the The lowest hemoglobin level is 2 mg/dl and the highest hemoglobin level is 4 mg/dl. There was no relationship between iron intake and hemoglobin levels in female students at the Askhabul Kahfi Islamic Boarding School, Gunung Pati (p = 0.65)

Conclusion: There is no relationship between iron intake and hemoglobin levels in female students at the Askhabul Kahfi Islamic Boarding School, Gunung Pati.

Keywords: Iron Intake, Hemoglobin Level, Anemia