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**HUBUNGAN ANTARA ASUPAN ENERGI, PROTEIN, ZAT BESI DAN
VITAMIN C DENGAN KADAR HEMOGLOBIN SANTRIWATI DI
PONDOK PESANTREN BINA INSANI SUSUKAN**

ABSTRAK

Latar Belakang: Anemia defisiensi besi pada remaja putri merupakan masalah kesehatan yang signifikan di Indonesia, termasuk di Pondok Pesantren Bina Insani Susukan. Prevalensi anemia di kalangan remaja putri dapat berdampak pada pertumbuhan fisik dan prestasi belajar.

Tujuan: Penelitian bertujuan untuk mengetahui hubungan antara asupan energi, protein, zat besi, dan vitamin C dengan kejadian anemia di Pondok Pesantren Bina Insani Susukan.

Metode: Penelitian ini menggunakan desain cross-sectional dengan melibatkan 97 santriwati berusia 15-18 tahun. Data dikumpulkan melalui wawancara mengenai asupan gizi dan pemeriksaan kadar hemoglobin menggunakan alat Easy Touch GCHb. Analisis data dilakukan dengan uji korelasi Pearson dan Spearman.

Hasil: Hasil analisis bivariat menunjukkan hubungan signifikan antara asupan zat besi dengan kejadian anemia ($p < 0,05$), sedangkan asupan energi, protein, dan vitamin C tidak menunjukkan hubungan signifikan ($p > 0,05$).

Kesimpulan: Anemia masih menjadi masalah kesehatan di kalangan santriwati Pondok Pesantren Bina Insani Susukan. Peningkatan asupan zat besi sangat penting untuk mencegah anemia, sementara asupan energi, protein, dan vitamin C perlu diperhatikan untuk mendukung kesehatan remaja putri.

Kata Kunci: Anemia, Asupan Energi, Asupan Protein, Zat Besi, Vitamin C, Remaja Putri.

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**THE RELATIONSHIP BETWEEN ENERGY, PROTEIN, IRON, AND
VITAMIN C WITH HEMOGLOBIN LEVELS IN FEMALE STUDENTS AT
PONDOK PESANTREN BINA INSANI SUSUKAN**

ABSTRACT

Background: Iron deficiency anemia among adolescent girls is a significant health issue in Indonesia, including at Pondok Pesantren Bina Insani Susukan. The prevalence of anemia among adolescent girls can impact physical growth and academic performance.

Objective: This study aims to determine the relationship between energy, protein, iron, and vitamin C intake with the incidence of anemia at Pondok Pesantren Bina Insani Susukan.

Methods: This research employed a cross-sectional design involving 97 female students aged 15-18 years. Data were collected through interviews regarding nutritional intake and hemoglobin levels measured using the Easy Touch GCHb device. Data analysis was performed using Pearson and Spearman correlation tests.

Results: The results of the bivariate analysis showed a significant relationship between iron intake and the incidence of anemia ($p < 0.05$), while energy, protein, and vitamin C intake did not show a significant relationship ($p > 0.05$).

Conclusion: Anemia remains a health issue among the female students at Pondok Pesantren Bina Insani Susukan. Increasing iron intake is crucial to prevent anemia, while energy, protein, and vitamin C intake should also be monitored to support the health of adolescent girls.

Keywords: Anemia, Energy Intake, Protein Intake, Iron, Vitamin C, Adolescent Girls.