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**HUBUNGAN KEKURANGAN ENERGI KRONIS (KEK)
DENGAN KEJADIAN ANEMIA REMAJA PUTRI
DI SMKN 1 BAWEN KABUPATEN SEMARANG**

ABSTRAK

Latar Belakang : KEK dan anemia merupakan masalah gizi yang signifikan pada remaja putri disebabkan memiliki risiko lebih tinggi mengalami KEK dan anemia karena kebutuhan gizi yang meningkat selama masa pertumbuhan dan menstruasi. Stupen di SMKN 1 Bawen menunjukkan prevalensi KEK sebesar 47,4% dan anemia sebesar 24,7% di kalangan siswi.

Tujuan : Penelitian ini bertujuan untuk menganalisis hubungan antara KEK dengan kejadian anemia pada remaja putri di SMKN 1 Bawen Kab Semarang.

Metode : Penelitian ini adalah penelitian kuantitatif. Subjek penelitian adalah siswi kelas X dengan total 83 responden yang dipilih melalui teknik *random sampling*. Analisis data dilakukan secara univariat untuk mendeskripsikan variabel dan bivariat menggunakan uji korelasi Kendall Tau.

Hasil : Hasil analisis bivariat menunjukkan adanya hubungan yang bermakna antara kejadian KEK dengan kejadian anemia dengan (nilai p-value = 0,016).

Kesimpulan : Terdapat hubungan yang signifikan antara KEK dengan kejadian anemia. Kurangnya asupan gizi makro dan mikro, serta rendahnya kepatuhan dalam mengonsumsi tablet tambah darah, menjadi faktor penyebab utama.

Kata Kunci : Kekurangan Energi Kronis (KEK), Anemia, Remaja Putri, SMKN 1 Bawen.

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**THE RELATIONSHIP BETWEEN CHRONIC ENERGY DEFICIENCY
(CED) AND THE INCIDENCE OF ANEMIA IN ADOLESCENT FEMALES
AT SMKN 1 BAWEN, SEMARANG REGENCY**

ABSTRACT

Background : Chronic Energy Deficiency (CED) and anemia are significant nutritional problems among adolescent girls, leading to adverse effects on immunity, learning concentration, fitness, and productivity. Adolescent girls have a higher risk of experiencing CED and anemia due to increased nutritional needs during growth and menstruation. A preliminary study at SMKN 1 Bawen showed a CED prevalence of 47.4% and an anemia prevalence of 24.7% among students.

Objective : This study aims to analyze the relationship between CED and the incidence of anemia in adolescent girls at SMKN 1 Bawen, Semarang Regency.

Methods : This was a quantitative study with an observational analytic design using a cross-sectional approach. The subjects of the study were 83 tenth-grade female students selected through a random sampling technique. Data analysis was performed univariately to describe variables and bivariately using the Kendall Tau correlation test.

Results : Bivariate analysis results showed a significant relationship between the incidence of CED and the incidence of anemia (p-value = 0.016).

Conclusion : There is a significant relationship between CED and the incidence of anemia. Insufficient intake of macro and micronutrients, as well as low adherence to consuming iron supplementation tablets, are the main contributing factors.

Keywords : Chronic Energy Deficiency (CED), Anemia, Adolescent Girls, SMKN 1 Bawen.