

HUBUNGAN ASUPAN PROTEIN DAN ZAT BESI (Fe) DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI PONDOK PESANTREN MANBA'UL HIKAM SIDOARJO

(Studi kuantitatif di Pondok Pesantren Manba'ul Hikam Sidoarjo)

ABSTRAK

Latar Belakang: Anemia pada remaja putri masih cukup tinggi. Anemia merupakan keadaan jumlah eritrosit atau kadar *hemoglobin* dalam darah kurang dari normal (<12g/dl). Faktor penyebab anemia adalah status gizi, lama masa haid, asupan zat besi (Fe) dan protein, malabsorpsi zat besi dan penyakit infeksi. Zat besi merupakan unsur utama untuk pembentukan hemoglobin dan selalu berikatan dengan protein.

Tujuan: Untuk mengetahui hubungan asupan protein dan zat besi (Fe) dengan kejadian anemia pada remaja putri di Pondok Pesantren Manba'ul Hikam Sidoarjo.

Metode: Penelitian ini termasuk *observasional analitik* dan menggunakan desain *crosssectional study*. Populasi penelitian ini adalah santriwati Pondok Pesantren Manba'ul Hikam Sidoarjo yang duduk di bangku SMA kelas 10 dan 11. Besar sampel 26 responden. Data asupan gizi diperoleh menggunakan *recall 2x24* jam. Data status anemia diperoleh dengan pengukuran kadar hemoglobin menggunakan alat *Easy Touch*. Analisa data menggunakan uji statistik korelasi *Spearman*.

Hasil: Hasil penelitian menunjukkan bahwa karakteristik responden di Pondok Pesantren Manba'ul Hikam Sidoarjo sebagian besar berusia 17 tahun (46,2%) dan duduk di bangku SMA kelas 10 (73,1%). Asupan protein 10 responden (38,5%) termasuk dalam kategori defisit berat, asupan zat besi 19 responden (73,1%) termasuk dalam kategori kurang dan 17 responden (65,4%) mengalami anemia. Ada hubungan antara asupan protein dengan kejadian anemia dengan nilai $p=0,043$. Ada hubungan antara asupan zat besi dengan kejadian anemia dengan nilai $p=0,015$.

Kesimpulan: Ada hubungan antara asupan protein dan zat besi terhadap kejadian anemia pada remaja putri di Pondok Pesantren Manba'ul Hikam Sidoarjo.

Saran: Disarankan responden untuk meningkatkan asupan yang banyak mengandung protein dan zat besi.

Kata kunci: *Anemia, asupan protein, dan asupan zat besi (Fe)*

**CORRELATION OF PROTEIN AND IRON (Fe) INTAKE WITH INCIDENCE
OF ANEMIA AMONG ADOLESCENT GIRLS IN MANBA'UL HIKAM
ISLAMIC BOARDING SCHOOL SIDOARJO**

(Quantitative study at Manba'ul Hikam Islamic Boarding School Sidoarjo)

ABSTRACT

Background: Anemia in teenage girls is still quite high. Anemia is a condition of the amount of erythrocytes or hemoglobin levels in the blood less than normal (<12g / dl). Factors that cause anemia are nutritional status, menstrual periods, iron (Fe) and protein intake, iron malabsorption and infectious diseases. Iron is a major element for the formation of hemoglobin and always bind to protein.

Objective: The purpose of this research is to know correlation of protein and iron (Fe) intake with incidence of anemia among adolescent girls in Mamba'ul Hikam Islamic Boarding School Sidoarjo.

Methods: The research is observational analytic and use cross sectional study design. Population of the research is santriwati of Manba'ul Hikam Islamic Boarding School Sidoarjo who sit in the 10 and 11 high school. Sample of the research is 26 respondents. Nutrient intake data were obtained using recall 2x24 hours. Anemia status data were obtained by measuring hemoglobin levels using Easy Touch. Analysis of the research use Spearman statistical test.

Results: The results showed that the characteristics of respondents in Manba'ul Hikam Islamic Boarding School were mostly 17 years (46,2%) and most of the were in class X high school (73,1%). Protein intake Protein intake of 10 respondents (38.5%) included in the category of severe deficits, iron intake 19 respondents (73.1%) included in the category of deficiency and 17 respondents (65.4%) overcome anemia. There is a relationship between protein intake and the incidence of anemia with a value of $p = 0.043$. There is a relationship between substance intake and the incidence of anemia with a value of $p = 0.015$.

Conclusion: That it can be concluded that there is a relationship between protein and iron intake with the incidence of anemia among adolescent girls in Manba'ul Hikam Islamic Boarding School Sidoarjo.

Suggestion: So, it can recommended that respondent's help to increase intake containing protein and iron.

Keyword: anemia, protein intake, and iron intake