GAMBARAN ASUPAN PROTEIN, ZAT BESI, DAN VITAMIN C PADA REMAJA PUTRI KELAS XI DI SMA MUHAMMADIYAH 10 SURABAYA

ABSTRAK

Latar Belakang : Menurut Riskesdas 2018 prevalensi anemia sebesar 48,9 % , proporsi anemia terjadi pada kelompok umur 15-24 tahun dan 25-34 tahun. Pada remaja putri memiliki kebutuhan zat besi yang lebih banyak dibandingkan dengan laki-laki. Pada studi pendahuluan yang dilakukan oleh peneliti dari 9 dari 10 remaja putri kelas XI di SMA Muhammadiyah 10 Surabaya memiliki kategori asupan protein kurang dengan presentase 90%, 10 dari 10 remaja putri kelas XI di SMA Muhammadiyah 10 Surabaya memiliki kategori asupan zat besi kurang dengan presentase 100%, dan 10 dari 10 remaja putri kelas XI di SMA Muhammadiyah 10 Surabaya memiliki kategori asupan vitamin c kurang dengan presentase 100%. **Tujuan Penelitian :** Penelitian ini bertujuan untuk mengetahui gambaran asupan protein, zat besi, dan vitamin c pada remaja putri kelas XI di SMA Muhammadiyah 10 Surabaya. **Metode Penelitian :** Metode penelitian yang digunakan adalah rancangan pendekatan deskriptif, untuk pengambilan data menggunakan metode *simple random sampling* pengumpulan dilakukan mengunggunakan wawancara langsung. **Hasil Penelitian :** Hasil penelitian ini untuk asupan protein kategori defisit berat sebanyak 23 orang (54,80%), defisit sedang sebanyak 10 orang (23,80%), defisit ringan sebanyak 5 orang (11,90%), normal sebanyak 4 orang (9,50%). Untuk asupan zat besi kategori kurang sebanyak 38 orang (90,50 %), dan kategori cukup sebanyak 4 orang (9,50%). Untuk asupan vitamin c kategori didapatkan sebanyak 41 orang (97,60%), dan kategori cukup sebanyak 1 orang (2,40%). **Kesimpulan :** Asupan protein pada remaja putri mayoritas berada di kategori defisit berat yaitu sebanyak 23 (54,80 %.), asupan zat besi pada remaja putri mayaritas berada pada kategori kurang sebanyak 38 orang (90,50 %), dan asupan vitamin c pada remaja putri mayarotis berada pada kategori kurang sebanyak 41 orang dengan presentase (97,60 %.) **Saran :** Diharapkan untuk memperbaik pola makan dan mulai mengonsumsi makanan sumber protein hewani dan nabati serta makanan sumber vitamin c seperti buah dan sayur, serta rutin mengonsumsi tablet tambah darah dan suplemen vitamin.

Kata Kunci : Asupan Protein, Asupan Zat Besi, Anemia Defiesiensi Besi

Overview of Intake of Protein, Iron, and Vitamin C in Class XI Teenage Girls at SMA Muhammadiyah 10 Surabaya

ABSTRACT

Background: According to the 2018 Riskesdas, the prevalence of anemia was 48.9%, the proportion of anemia occurred in the age group of 15-24 years and 25-34 years. Adolescent girls have more iron needs than boys. In a preliminary study conducted by researchers, 9 out of 10 teenage girls in class XI at SMA Muhammadiyah 10 Surabaya had a low protein intake category with a percentage of 90%, 10 out of 10 teenage girls in class XI at SMA Muhammadiyah 10 Surabaya had a low iron intake category with a percentage 100%, and 10 out of 10 teenage girls in class XI at SMA Muhammadiyah 10 Surabaya have a low vitamin C intake category with a percentage of 100%. **Research Objectives :** This study aims to describe the intake of protein, iron, and vitamin C in adolescent girls in class XI at SMA Muhammadiyah 10 Surabaya. Research Methods: The research method used is a descriptive approach design, for data collection using a simple random sampling method, the collection is carried out using direct interviews. **Research Results:** The results of this study were for protein intake in the severe deficit category as many as 23 people (54.80%), moderate deficit as many as 10 people (23.80%), mild deficit as many as 5 people (11.90%), normal as many as 4 people. (9.50%). For iron intake in the less category as many as 38 people (90.50%), and the sufficient category as many as 4 people (9.50%). For the intake of vitamin C category, there were 41 people (97.60%), and the sufficient category was 1 person (2.40%). **Conclusion :** The majority of protein intakes in adolescent girls are in the severe deficit category, namely 23 (54.80%.), iron intake in the majority of adolescent girls is in the less category as many as 38 people (90.50%), and vitamin C intake in Mayarotis adolescent girls are in the less category as many as 41 people with a percentage (97.60%.) **Suggestion :** It is expected to improve their diet and start consuming foods from animal and vegetable protein sources as well as food sources of vitamin C such as fruits and vegetables, as well as regularly consuming added tablets. blood and vitamin supplements.

Key Words : Protein Intake, Iron Intake, Iron Deficiency Anemia