

HUBUNGAN TINGKAT PENGETAHUAN, ASUPAN PROTEIN DAN ZAT BESI DENGAN KEJADIAN ANEMIA DI PONDOK PESANTREN TAHFIDH PUTRI DARUL QURAN KOTA MOJOKERTO

(Studi kuantitatif di Pondok Pesantren Tahfidh Putri Darul Quran Kota Mojokerto)

ABSTRAK

Latar Belakang: Anemia adalah kondisi kadar hemoglobin dalam darah kurang dari angka normal (<12 gr/dl). Faktor penyebab anemia dibedakan menjadi 2 yakni faktor internal yang terdiri atas genetik, umur, jenis kelamin, penyakit infeksi, asupan, status gizi, malabsorpsi dan menstruasi dan faktor eksternal terdiri atas pengetahuan, pendidikan, sosial ekonomi, budaya, lingkungan, konsumsi Tablet Tambah Darah (TTD) dan perilaku menyimpang. **Tujuan:** Untuk mengetahui hubungan tingkat pengetahuan, asupan protein dan zat besi dengan kejadian anemia di Pondok Pesantren Tahfidh Putri Darul Quran Kota Mojokerto. **Metode:** Penelitian ini termasuk observasional analitik menggunakan desain *crosssectional study*. Populasi penelitian ini yakni semua santri. Besar sampel 74 responden. Data tingkat pengetahuan diperoleh dari pengisian kuisioner. Data asupan protein dan zat besi diperoleh menggunakan *recall 2x24 jam*. Data status anemia diperoleh dengan pengukuran kadar hemoglobin. Analisis data menggunakan uji statistik korelasi *Spearman*. **Hasil:** Hasil penelitian menunjukkan bahwa karakteristik responden sebagian besar berusia 13-15 tahun (52,7%). Tingkat pengetahuan kurang 67 responden (90,5%). Asupan protein 33 responden (44,6%) termasuk kategori defisit tingkat berat, asupan zat besi 58 responden (78,4%) termasuk kategori kurang dan 11 responden (17,4%) mengalami anemia. Tidak ada hubungan tingkat pengetahuan dengan kejadian anemia (nilai $p = 0,253$). Tidak ada hubungan asupan protein dengan kejadian anemia (nilai $p = 0,358$). Tidak ada hubungan hubungan antara asupan zat besi dengan kejadian anemia (nilai $p = 0,793$). **Kesimpulan:** Menunjukkan tidak ada hubungan, diharapkan santri dapat mempertahankan kadar hb dengan mengonsumsi makanan yang banyak mengandung protein dan zat besi.

Kata kunci: tingkat pengetahuan, protein, zat besi, kejadian anemia

**CORRELATION OF KNOWLEDGE LEVEL, PROTEIN AND IRON INTAKE
WITH ANEMIA INCIDENCE IN ISLAMIC BOARDING SCHOOL DARUL
QURAN TAHFIDH DAUGHTER MOJOKERTO**

*(Quantitative study at Islamic Boarding School Darul Quran Tahfidh Daughter
Mojokerto)*

ABSTRACT

Background: Anemia is a condition hemoglobin levels in the blood less than normal (<12 gr/dl). Factor that cause anemia are category into two consisting of internal factors are genetics, age, gender, infection diseases, intake, nutritional status, malabsorption and menstruation and external factors consist of knowledge, education, socio-economic, culture, environment, consumption of blood-supplementing tablets (TTD) and deviant behavior. **Objektive:** The purpose of this research is to know correlation of correlation of knowledge level, protein and iron intake with anemia incidence in Islamic Boarding School Darul Quran Tahfidh Daughter Mojokerto. **Methods:** This research is observational analytic and use cross sectional study design. Population of the research are all students. Sample of the research is 74 respondents. Level knowledge data were obtained from filling out the questionnaire. Intake protein and iron were obtained using recall 2x24 hours. Anemia status data were obtained by measuring hemoglobin levels. Analysis of the research use Spearman statistical test. **Result:** The results showed that the characteristics of respondents were mostly 13-1517 years (52,7%). Low level of knowledge of 67 respondents (90,5%, protein intake of 33 respondents (44,6%) in the category of severe deficits, iron intake 58 respondents (78,4%) in the category of deficiency and 11 respondents (17,4%) overcome anemia. There was not correlation knowledge level and the incidence of anemia (value of $p = 0,253$). There was not correlation protein intake and the incidence of anemia (value of $p = 0,358$). There was not correlation iron intake and the incidence of anemia with a value of $p = 0,793$. **Conclusion:** That it can be concluded that there was not relationship knowledge level, protein and iron intake with the incidence of anemia, it can expected that respondents maintain hemoglobin by eating foods containing protein and iron.

Keyword: knowledge level, protein, iron, incidence anemia