

**HUBUNGAN ASUPAN PROTEIN DAN ZAT BESI (Fe) TERHADAP
KEJADIAN ANEMIA REMAJA PUTRI DI PONDOK PESANTREN
DARUL FALAH IV JOMBANG**

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ABSTRAK

Latar Belakang : Anemia yaitu jumlah sel darah merah atau konsentrasi pengangkut oksigen dalam darah (Hb) tidak mencukupi untuk kebutuhan fisiologi tubuh. Penyebab prevalensi anemia yang tinggi pada wanita disebabkan banyak faktor antara lain konsumsi zat besi yang tidak cukup dan absorpsi zat besi yang rendah, pendarahan, penyakit malaria, infeksi cacing maupun infeksi lainnya dan remaja putri mengalami siklus menstruasi setiap bulan. **Tujuan :** Mengetahui hubungan asupan zat besi (*Fe*) dan protein terhadap terjadinya anemia remaja putri di Pondok Pesantren Darul Falah IV Jombang. **Metode :** Penelitian ini menggunakan jenis observasional analitik dengan pendekatan waktu *cross sectional*. Sampel yang diambil adalah santri Madrasah Aliyah sebanyak 30 responden di Pondok Pesantren Darul Falah IV Jombang. **Hasil :** Diketahui 30 responden santri Madrasah Aliyah di Pondok Pesantren Darul Falah IV Jombang yang memiliki umur 13-18 tahun. Sebagian besar asupan protein santriwati dikategorikan defisit berat sebanyak 22 anak dengan persentase 73,33%, sedangkan untuk hasil asupan zat besi (*Fe*) sebagian besar dikategorikan kurang sebanyak 26 santriwati dengan persentase 86,7%. Sebagian besar santriwati mengalami anemia dengan persentase 53,3% sebanyak 16 responden. **Kesimpulan :** Pada tahun 2022 terdapat hubungan yang signifikan antara asupan protein dan zat besi (*Fe*) dengan kejadian anemia remaja putri Pondok Pesantren Darul Falah Jombang.

Kata Kunci : Anemia, Asupan Protein, Asupan Zat Besi

**THE RELATIONSHIP OF PROTEIN AND IRON (Fe) INTAKE TO THE
EVENT OF ANEMIA IN ADOLESCENT WOMEN IN DARUL FALAH IV
ISLAMIC BOARDING SCHOOL JOMBANG**

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ABSTRACT

Background : Anemia is the number of red blood cells or the concentration of oxygen carriers in the blood (Hb) is not sufficient for the body's physiological needs. The cause of the high prevalence of anemia in women is due to many factors, including insufficient iron consumption and low iron absorption, bleeding, malaria, helminth infections and other infections and adolescent girls experiencing monthly menstrual cycles. **Purpose :** Knowing the relationship between iron (Fe) and protein intake on the occurrence of anemia in adolescent girls at Darul Falah IV Islamic Boarding School Jombang. **Methods :** This research uses an analytic observational type with a cross sectional time approach. The sample taken was Madrasah Aliyah students as many as 30 respondents at the Darul Falah IV Islamic Boarding School Jombang. **Result :** It is known that 30 respondents from Madrasah Aliyah students at the Darul Falah IV Islamic Boarding School Jombang, aged 13-18 years. Most of the protein intake of female students was categorized as severe deficit as many as 22 children with a percentage of 73.33%, while for the results of iron (Fe) intake most were categorized as lacking as many as 26 female students with a percentage of 86.7%. Most of the female students were anemic with a percentage of 53.3% as many as 16 respondents. **Conclusion :** In 2022 there is a significant relationship between protein and iron (Fe) intake with the incidence of anemia in young women at Darul Falah Islamic Boarding School Jombang.

Keyword : Anemia, Protein Intake, Iron Intake