

GAMBARAN PENGETAHUAN TENTANG ANEMIA, ASUPAN ZAT BESI, DAN STATUS GIZI PADA SISWA SMA PANCA MARGA 1 LAMONGAN

ABSTRAK

Latar Belakang, Anemia merupakan masalah kesehatan yang serius di masyarakat dan umum terjadi di negara berkembang seperti Indonesia. Anemia dapat dipengaruhi oleh menstruasi, pendidikan, pengetahuan, asupan zat besi, kondisi ekonomi, status gizi, dan pola makan. **Tujuan Penelitian,** Mengidentifikasi gambaran pengetahuan tentang anemia, asupan zat besi, dan status gizi pada siswa di SMA Panca Marga 1 Lamongan. **Metode Penelitian,** Penelitian ini merupakan penelitian deskriptif. Pengumpulan data dengan penimbangan berat badan dan pengukuran tinggi badan, pengisian kuesioner pengetahuan tentang anemia, dan wawancara asupan makan dengan kuesioner SQ-FFQ. Penilaian status gizi menggunakan indeks IMT/U. Jumlah sampel adalah 56 siswa dengan teknik pengambilan sampel acak bertingkat proporsional. **Hasil Penelitian,** Persentase siswa dengan pengetahuan anemia kurang (37,5%), tingkat asupan zat besi kurang (60,7%), siswa berstatus gizi buruk (1,8%), gizi kurang (3,5%), gizi lebih (16,1%), dan obesitas (16,1%). **Kesimpulan,** Terdapat sebagian kecil siswa memiliki pengetahuan tentang anemia kurang. Sebagian besar siswa memiliki tingkat asupan zat besi kurang. Terdapat masalah status gizi kurang dan gizi lebih berdasarkan IMT/U di SMA Panca Marga 1 Lamongan. **Saran,** Bagi siswa disarankan untuk meningkatkan asupan zat besi dan menjaga status gizi tetap normal. Bagi sekolah disarankan mengadakan penyuluhan tentang anemia dan gizi seimbang, dan kegiatan suplementasi TTD.

Kata Kunci : Pengetahuan Anemia, Asupan Zat Besi, Status Gizi

DESCRIPTION OF KNOWLEDGE ABOUT ANEMIA, IRON INTAKE, AND NUTRITION STATUS IN SMA PANCA MARGA 1 LAMONGAN

ABSTRACT

Background, Anemia is a serious health problem in society and is common in developing countries such as Indonesia. Anemia can be influenced by menstruation, education, knowledge, iron intake, economic conditions, nutritional status, and diet. **Research Objectives,** identify a description of knowledge about anemia, iron intake, and nutritional status of students at SMA Panca Marga 1 Lamongan. **Research Methods,** This research is a descriptive study. Collecting data by weighing and measuring height, filling out a knowledge questionnaire about anemia, and interviewing food intake with the SQ-FFQ questionnaire. Assessment of nutritional status using the BMI/U index. The number of samples was 56 students with proportional stratified random sampling technique. **The results,** The percentage of students with less knowledge of anemia (37.5%), the level of iron intake is less (60.7%), students with poor nutritional status (1.8%), malnutrition (3.5%), over nutrition (16.1%), and obesity (16.1%). **Conclusion,** There are a small number of students who have less knowledge about anemia. Most students have a low level of iron intake. There is a problem of undernutrition and overnutrition based on BMI/U in SMA Panca Marga 1 Lamongan. **Suggestion,** It is recommended for students to increase iron intake and maintain normal nutritional status. It is recommended for schools to conduct counseling about anemia and balanced nutrition, and supplementation activities for iron tablets.

Keywords: Knowledge of Anemia, Iron Intake, Nutritional Status