

# HUBUNGAN PENGETAHUAN GIZI DENGAN ASUPAN ZAT GIZI DAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA REMAJA PUTRI DI SMA ISLAM SHAFTA SURABAYA

## ABSTRAK

**Latar Belakang:** Anemia merupakan suatu masalah gizi remaja di Indonesia yang rentan terjadi pada remaja putri yang disebabkan oleh kekurangan asupan kebutuhan zat gizi mikro. Penyebab utama dari anemia yaitu kekurangan asupan zat besi. **Tujuan:** Untuk menganalisis hubungan pengetahuan gizi dengan asupan zat gizi dan kepatuhan konsumsi tablet tambah darah pada remaja putri di SMA Islam SHAFTA Surabaya. **Metode:** Riset ini merupakan penelitian analitik dengan desain *crosssectional study*. Populasi seluruh remaja putri di SMA Islam SHAFTA Surabaya. Besar sampel 45 responden. Data pengetahuan gizi didapatkan dari wawancara kuesioner. Data asupan zat gizi (protein dan zat besi) didapatkan menggunakan SQ-FFQ. Data kepatuhan konsumsi tablet tambah darah diperoleh dari wawancara kuesioner. Analisis data dengan uji statistik Spearman. **Hasil:** Hasil penelitian menandakan mayoritas karakteristik responden berusia 16-18 tahun (68,9%). Pengetahuan gizi baik 35 responden (77,8%). Asupan protein 32 responden (71,1%) termasuk kategori defisit berat, asupan zat besi 35 responden (77,8%) termasuk kategori defisit berat dan 41 responden (91,1%) tidak patuh dalam konsumsi tablet tambah darah. Tidak ditemukan hubungan diantara pengetahuan gizi dengan asupan protein (nilai  $p = 0,428$ ), pengetahuan gizi dengan asupan zat besi (nilai  $p = 0,685$ ), dan pengetahuan gizi dengan kepatuhan konsumsi tablet tambah darah (nilai  $p = 0,231$ ). **Kesimpulan:** Menandakan tidak ditemukan hubungan diantara pengetahuan gizi dengan asupan zat gizi dan kepatuhan konsumsi tablet tambah darah pada remaja putri di SMA Islam SHAFTA Surabaya.

**Kata kunci:** *pengetahuan gizi, asupan, kepatuhan, tablet tambah darah.*

**THE RELATIONSHIP BETWEEN NUTRITIONAL KNOWLEDGE WITH  
NUTRIENT INTAKE AND ADHERENCE TO THE CONSUMPTION OF  
BLOOD-ADDED TABLETS IN ADOLESCENT GIRLS AT SMA ISLAM  
SHAFTA SURABAYA**

***ABSTRACT***

**Background:** Anemia is one of the nutritional problems of adolescents in Indonesia that is prone to occur in adolescent girls caused by insufficient intake of micronutrient needs. The main cause of anemia is lack of iron intake. **Purpose:** To analyze the relationship between nutritional knowledge with nutrient intake and adherence to the consumption of blood-added tablets in adolescent girls at SMA Islam SHAFTA Surabaya. **Method:** This research is an analytical research with a cross-sectional study design. The population of all young women at SHAFTA Islamic High School Surabaya. Large sample of 45 respondents. Nutritional knowledge data was obtained from questionnaire interviews. Data on nutrient intake (protein and iron) were obtained using SQ-FFQ. Data on adherence to the consumption of blood-added tablets were obtained from questionnaire interviews. Data analysis with the Spearman statistical test. **Result:** The results showed most of the characteristics of respondents aged 16-18 years (68.9%). Good nutrition knowledge 35 respondents (77.8%). Protein intake of 32 respondents (71.1%) included weight deficit category, iron intake 35 respondents (77.8%) included weight deficit category and 41 respondents (91.1%) were non-compliant in consumption of blood added tablets. There was no relationship between nutritional knowledge with protein intake (p value = 0.428), nutritional knowledge with iron intake (p value = 0.685), and nutritional knowledge with adherence to blood added tablet consumption (p value = 0.231). **Conclusion:** Showed no relationship between nutritional knowledge with nutrient intake and adherence to the consumption of blood-added tablets in adolescent girls at SHAFTA Islamic High School Surabaya.

**Keywords:** *nutritional knowledge, intake, adherence, blood added tablets.*