

# HUBUNGAN ANTARA KONSUMSI FE, PROTEIN, KEPATUHAN KONSUMSI TABLET TAMBAH DARAH DENGAN STATUS ANEMIA PADA REMAJA PUTRI DI SMKN 2 TULUNGAGUNG

## ABSTRAK

Anemia termasuk permasalahan gizi di Indonesia dengan penyebab berupa defisiensi konsumsi makanan yang seimbang. Kelompok rawan gizi salah satunya remaja putri. Penelitian ini dilakukan dengan tujuan melakukan analisis hubungan diantara pengonsumsi Fe, protein, kepatuhan TTD dengan status anemia pada remaja putri di SMKN 2 Tulungagung.

Jenis penelitian ini observasional analitik dengan menggunakan pendekatan *cross sectional study*. Besar sample pada penelitian yaitu 52 remaja putri di SMKN 2 Tulungagung yang telah memenuhi syarat. Teknik penganalisisan data memanfaatkan uji korelasi *Spearman's Rho*.

Hasil penelitian memperlihatkan bahwasanya 38 remaja putri mengalami tingkat konsumsi Fe kategori kurang, 36 remaja putri mengalami asupan protein kategori defisit berat, 30 remaja putri tidak memiliki kepatuhan terkait konsumsi TTD. Hasil pengujian statistik *Spearman Rho's* hubungan tingkat konsumsi Fe dengan status anemia diperoleh *p value* 0,248 ( $>0,05$ ) yang berarti mungkin tidak ada hubungan antara tingkat konsumsi Fe dengan status anemia. Hasil uji statistik *Spearman Rho's* hubungan tingkat konsumsi protein dengan status anemia diperoleh *p value* 0,379 ( $>0,05$ ) yang berarti mungkin tidak terdapat hubungan antara tingkat konsumsi protein dengan anemia. Hasil uji statistik *Spearman Rho's* hubungan kepatuhan konsumsi tablet tambah darah dengan status anemia diperoleh *p value* 0,558 ( $>0,05$ ) yang artinya mungkin tidak terdapat hubungan diantara kepatuhan konsumsi tablet tambah darah terhadap status anemia.

Kesimpulan dari penelitian ini adalah asupan konsumsi Fe, protein, kepatuhan tablet tambah darah mungkin tidak memiliki korelasi. Disarankan kepada siswi SMKN 2 Tulungagung agar menjaga asupan makanan yang akan dikonsumsi dengan makanan yang bergizi, serta patuh mengonsumsi tablet tambah darah.

**Kata kunci:** Anemia, Remaja putri, Fe, Protein, Kepatuhan konsumsi tablet tambah darah.

**THE RELATIONSHIP BETWEEN FE, PROTEIN CONSUMPTION,  
COMPLIANCE WITH BLOOD SUPPLEMENTED TABLET CONSUMPTION  
WITH ANEMIA STATUS IN ADOLESCENT WOMEN AT SMKN 2  
TULUNGAGUNG**

**ABSTRACT**

Anemia is a nutritional problem in Indonesia with a cause of deficiency in the consumption of a balanced diet. One of the nutritionally vulnerable groups is young women. This research was conducted with the aim of analyzing the relationship between consumption of Fe, protein, iron supplements compliance with anemia status in young women at SMKN 2 Tulungagung.

This type of research is analytic observational using a cross sectional study approach. The sample size in the study was 52 young women at SMKN 2 Tulungagung who met the requirements. The data analysis technique used the Spearman's Rho correlation test.

The results of the study showed that 38 female adolescents experienced a low level of consumption of Fe, 36 female adolescents experienced a severe deficit category of protein intake, 30 female adolescents did not have compliance regarding iron supplement consumption. The results of Spearman Rho's statistical test for the relationship between the level of Fe consumption and anemia status obtained a p value of 0.248 ( $> 0.05$ ), which means that there may not be a relationship between the level of Fe consumption and anemia status. The results of the Spearman Rho's statistical test for the relationship between the level of protein consumption and anemia status obtained a p value of 0.379 ( $> 0.05$ ), which means that there may not be a relationship between the level of protein consumption and anemia. The results of the Spearman Rho's statistical test the relationship between adherence to blood supplement consumption and anemia status obtained a p value of 0.558 ( $> 0.05$ ), which means that there may not be a relationship between adherence to blood supplement consumption and anemia status.

The conclusion of this study is intake of Fe consumption, protein, blood supplement adherence may not have a correlation. It is recommended for female students of SMKN 2 Tulungagung to maintain food intake that will be consumed with nutritious food, and to be obedient in taking iron tablets.

**Keywords:** Anemia, Adolescent girls, Fe, Protein, Compliance with blood supplement consumption.