

HUBUNGAN PENGETAHUAN DAN SIKAP TENTANG ANEMIA DENGAN ASUPAN GIZI PADA REMAJA PUTRI DI SMK Satria Bhakti Nganjuk

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ABSTRAK

Latar belakang : Anemia ialah suatu isu kesehatan di negara berkembang dan sangat umum terjadi pada remaja putri. Anemia dianggap cukup umum pada orang Indonesia berusia 15 hingga 24 tahun. Perkembangan motorik dan sikap yang buruk pada remaja akan dipengaruhi oleh anemia. Persepsi dan pengetahuan remaja tentang anemia dapat memengaruhi kebiasaan mereka dalam mengonsumsi makanan dan zat gizi. **Tujuan :** Studi ini bermaksud guna menganalisis ikatan dengan wawasan serta sikap remaja putri di SMK Satria Bhakti Nganjuk tentang anemia dengan asupan gizi. **Metode :** studi ini dirancang secara cross sectional. 68 remaja putri dipilih secara acak untuk menjadi responden menerapkan teknik Random Sampling. pengumpulan data meliputi pengisian kuesioner pengetahuan dan sikap tentang anemia pada remaja, serta penilaian asupan gizi melalui food recall 2 x 24 jam. Analisis statistik dengan rank spearman. **Hasil penelitian :** Perolehan studi mengindikasikan bahwasanya pengetahuan sebagian besar responden tentang anemia berkategori kurang (64,7%), sikap responden berkategori baik (85,3%), asupan gizi responden berkategori kurang zat besi (95,6%), protein (54,4%), vitamin C (97,1%), hubungan pengetahuan ($P = 0,251 > 0,123 > 0,296$) dan sikap ($P = 0,359 > 0,706 > 0,558$) remaja putri mengenai anemia dengan asupan gizi remaja putri. **Kesimpulan :** Sebagian besar remaja putri di SMK Satria Bhakti Nganjuk tidak tahu banyak tentang anemia dan memiliki sikap yang baik tentang anemia. Namun, mereka masih memiliki asupan gizi yang kurang dari kebutuhan harian, dan tidak terdapat korelasi yang signifikan dengan pengetahuan dan sikap tentang anemia dengan asupan gizi remaja putri tersebut.

Kata Kunci : Pengetahuan, Sikap, Anemia Remaja, Asupan Gizi

THE RELATIONSHIP OF KNOWLEDGE AND ATTITUDE ABOUT ANEMIA WITH NUTRITIONAL INTAKE ADOLESCENT WOMEN AT SMK SATRIA BHAKTI NGANJUK

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ABSTRACT

Background: Adolescent females frequently suffer from anemia, which is a health concern in underdeveloped nations. Anemia is considered quite common in Indonesians aged 15 to 24 years. Poor motor development and attitude in adolescents will be influenced by anemia. Adolescents' perceptions and knowledge about anemia can influence their habits in consuming food and nutrients. **Objective:** The purpose of this study is to examine the attitudes and understanding of young women at Satria Bhakti Nganjuk Vocational School with reference to dietary intake and anemia. **Method:** The cross-sectional technique was used in the design of this study. Using techniques from Random Sampling, 68 young women were chosen at random to be responders. In order to obtain data, participants must complete a knowledge and attitudes questionnaire about teenage anemia. Additionally, two 24-hour meal recalls are used to measure nutritional intake. Using Spearman rank in statistical analysis. **Research results:** The study's findings demonstrated that the majority of respondents had poor knowledge of anemia (64.7%), good attitudes toward the condition (85.3%), and a nutritional intake that was deficient in iron (95.6%), protein (54.4%), and vitamin C (97.1%). There was also a significant correlation between the nutritional intake of adolescent girls and their knowledge ($P = 0.251 > 0.123 > 0.296$) and attitudes ($P = 0.359 > 0.706 > 0.558$) regarding anemia. **Conclusion:** Most of the young women at Satria Bhakti Nganjuk Vocational School do not know much about anemia and have a good attitude about anemia. Nevertheless, their nutritional intake remains below daily needs, and there is no discernible correlation between these young women's nutritional consumption and their understanding or attitudes toward anemia.

Keywords : Knowledge, Attitude, Adolescent Anemia, Nutritional Intake