

**POLITEKNIK KESEHATAN KEMENKES
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Gambaran Status Anemia Dan Faktor- Faktor Yang Berhubungan Dengan Kejadian Anemia Pada Siswi Kelas 7 dan 8 Di SMPIT Fitrah Insani Bandar Lampung Tahun 2024

ix + 52 halaman, 8 tabel, 2 gambar, 6 lampiran

ABSTRAK

Di Indonesia permasalahan gizi pada remaja masih menjadi pekerjaan rumah yang belum terselesaikan salah satunya ialah anemia. Berdasarkan data prevalensi anemia remaja putri di Provinsi Lampung untuk remaja usia 5-14 tahun ialah sebesar 24,8% (Riskesdas provinsi Lampung, 2018). Tujuan dari penelitian ini adalah untuk mengetahui gambaran status anemia dan faktor-faktor yang berhubungan dengan kejadian anemia pada siswi kelas 7 dan 8 di SMPIT Fitrah Insani Bandar Lampung tahun 2024.

Penelitian ini merupakan jenis penelitian deskriptif menggunakan metode kuantitatif. Jumlah populasi pada penelitian ini sebanyak 61 siswi dengan sampel sebanyak 38 siswi dan dipilih menggunakan *systematic random sampling*. Pengumpulan data status anemia diperoleh dari kadar Hb yang diukur menggunakan alat tes darah *easy touch* GCHB, data asupan zat besi dan vitamin C dengan menggunakan *food recall 2x24* jam, serta data kebiasaan minum teh dengan menggunakan kuesioner. Variabel penelitian ini adalah, status anemia, status gizi, asupan zat besi, dan vit C, serta kebiasaan mengkonsumsi teh. Penelitian ini akan dilakukan di SMPIT Fitrah Insani Bandar Lampung pada tahun 2024.

Hasil penelitian menunjukkan prevalensi anemia pada siswi kelas 7 dan 8 di SMPIT Fitrah Insani Bandar Lampung yaitu 42,1% dan tidak anemia 57,9% Status gizi kurang 5,3% dan baik 94,7%. Kebiasaan minum teh baik 68,4% dan tidak baik 31,6% . Asupan zat besi kurang 73,7% dan cukup 26,3%. Serta asupan vitamin C kurang 71,1% dan cukup 28,9%.

Orang tua hendaknya lebih memperhatikan tentang makanan bergizi seimbang untuk meningkatkan kebutuhan gizi sehari agar terpenuhi dengan baik yaitu dengan cara menerapkan isi piringku. Para remaja putri sebaiknya memperbaiki pola makan dengan teratur dan bervariasi agar kebutuhan asupan gizi baik makro maupun mikro tetap terpenuhi. Pihak sekolah diharapkan dapat menyediakan media kesehatan seputar manfaat dan ajakan konsumsi TTD dilingkungan sekolah. Pihak sekolah sebaiknya menyelenggarakan minum tablet tambah darah (TTD) Bersama setiap 1x dalam seminggu. Menyediakan TTD

mandiri dan mendistribusikan kepada remaja putri SMPIT Fitrah Insani Bandar Lampung.

Kata kunci: anemia, remaja, zat besi

Daftar bacaan: 57 (1989-2023)

TANJUNGPURUS HEALTH POLYTECHNIC
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Description of Anemia Status and Factors Associated with the Occurrence of Anemia in Female Students Grade 7 and 8 in Fitrah Insani Bandar Lampung Regency in 2024

ix + 52 pages, 8 tables, 2 pictures, 6 attachments

ABSTRACT

In Indonesia, nutritional problems among teenagers are still homework that has not been resolved, one of which is anemia. It was recorded that 26.8% of children aged 5-14 years suffered from anemia and 32% of those aged 15-24 years (Risksdas, 2018). Then, based on data, the prevalence of anemia among adolescent girls in Lampung Province is 24.8% (Risksdas Lampung Province, 2018). According to (Indonesian Ministry of Health, 2016), the symptoms frequently encountered in anemia sufferers are 5 L (lethargy, fatigue, weakness, tiredness, inattentiveness) which is accompanied by headaches and dizziness, dizzy eyes, easy drowsiness, tiredness quickly and difficulty concentrating. The aim of this research is to determine the description of anemia status and the factors associated with the incidence of anemia among female students grade 7 and 8 at SMPIT Fitrah Insani Bandar Lampung in 2024.

This research is a type of descriptive research using quantitative methods. The total population in this study was 61 female students with a sample of 38 female students and was selected using systematic random sampling. Data collection on anemia status was obtained from Hb levels measured using the GCHBeasy touch blood test kit, data on iron and vitamin C intake using food recall 24, data on tea drinking habits using a questionnaire. The variables in this study were anemia status, iron and vitamin C intake, as well as tea consumption habits. This research will be conducted at SMPIT Fitrah Insani Bandar Lampung in 2024.

The results showed the prevalence of anemia in grade 7 and 8 students at SMPIT Fitrah Insani Bandar Lampung was 42.1% and not anemic 57.9% Nutritional status is poor 5,3% and good 94,7%. Tea drinking habits are good 68.4% and not good 31.6% Iron intake is less 73.7% and enough is 26.3% Vitamin C intake is less 71.1% and enough is 28.9%.

Parents should pay more attention to balanced nutritious food to increase the daily nutritional needs so that they are met properly, namely by applying the contents of my plate. Young women should improve their diet regularly and variously so that their nutritional intake needs, both macro and micro, are still met. The school is expected to provide health media about the benefits and invitations to consume TTD in the school environment. Schools should organize a joint blood

transfusion tablet (TTD) every 1 time a week. Providing independent TTD and distributing to young women of SMPIT Fitrah Insani Bandar Lampung.

Key words: anemia, adolescent, iron

Reading list: 57 (1989-2023)