

SUMMARY

HUBUNGAN KONSUMSI PROTEIN, ZAT BESI, VITAMIN C, SERAT, TANIN DAN KADAR HEMOGLOBIN PADA REMAJA PUTRI KELAS 1-2 SMP NEGERI 191 JAKARTA TAHUN 2016

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Subject : KONSUMSI, HEMOGLOBIN, REMAJA PUTRI

Subject Alt : CONSUMPTION, HEMOGLOBIN, FEMALE ADOLESCENT

Keyword : : kadar hemoglobin;konsumsi protein;zat besi;vitamin c;serat;tanin

Description :

Latar Belakang : Kadar hemoglobin (Hb) yang rendah mengindikasikan terjadinya anemia. Remaja putri merupakan salah satu kelompok rawan menderita anemia dibandingkan dengan remaja putra. Timbulnya anemia memberikan efek negatif bagi remaja putri. Penelitian bertujuan mengetahui hubungan konsumsi protein, zat besi, vitamin c, serat, tanin dan kadar hemoglobin pada remaja putri. Metode : Penelitian dilakukan di SMP Negeri 191 Jakarta dengan desain penelitian cross-sectional. Subjek remaja putri yang dipilih secara proportionate stratified random sampling. Kadar hemoglobin diukur menggunakan metode hemocue, konsumsi protein, zat besi, vitamin C, serat diperoleh dengan metode food recall dan konsumsi tanin dengan metode food frequency questionare (FFQ) kemudian dihitung dengan nutrisoft. Analisis bivariat menggunakan uji korelasi dan t-independent. Hasil : Konsumsi protein, zat besi, vitamin C, dan serat subjek penelitian kurang dari yang angka kecukupan gizi yang dianjurkan (AKG). Konsumsi protein 46.54%, zat besi 35.77%, vitamin C 21.85, serat 12.21% dari AKG dan konsumsi tanin sering 60.2%. Rerata kadar hemoglobin 11,78 gr/dL. Hasil uji korelasi hubungan konsumsi protein, zat besi dan serat dengan kadar hemoglobin diperoleh nilai $p>0.05$, hubungan konsumsi vitamin C dengan kadar hemoglobin nilai $p<0.05$ dan perbedaan kadar hemoglobin berdasarkan konsumsi tanin $p<0.05$. Kesimpulan : Tidak ada hubungan konsumsi protein, zat besi dan serat dengan kadar hemoglobin, ada hubungan konsumsi vitamin C dengan kadar hemoglobin dan ada perbedaan kadar hemoglobin berdasarkan konsumsi tanin.

Description Alt:

Background: Low hemoglobin level can indicate anemia. Adolescent Girls is one of the vulnerable groups suffering from anemia compared to young men. Anemia have negative effects. The research aims to determine the relationship of the consumption of protein, iron, vitamin C, tannins and the level of hemoglobin in adolescent girls. Methods: The research do in SMP Negeri 191 Jakarta with cross-sectional desaign. The levels of Hemoglobin were measured using by hemocue, the consumption of protein, iron, vitamin C and fiber using by recall 3 days repeated and food consumption of tannin with food frequency questionare (FFQ) method then counted with nutrisoft. Pearson and spearman correlation and t- test independent was used for bivariate analysis. Research results: The consumption of protein, iron, vitamin C and fiber less from recommended dietary adequacy (RDA). The consumption protein 46.54%, iron 35.77%, vitamin C 21.85%, fiber 12.21% from RDA and often consumption of tannin 60.2%. The average hemoglobin level is 11.78 gr/dL. The result shows negative correlation $p>0.05$ between protein, iron, fiber and hemoglobin, positive correlation $p<0.05$ between vitamin C and hemoglobin level and there are significant different hemoglobin level based on tannin ($p <0.05$). Conclusion: Negative correlation between consumption of protein, iron, fiber and hemoglobin level, positive correlation between consumption of vitamin C and hemoglobin level and there are significant different hemoglobin level based on tannin.

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