

UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU GIZI
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MIFTAHUSSAADAH

HUBUNGAN ASUPAN PROTEIN, ZAT BESI, VITAMIN B12, VITAMIN B9, VITAMIN B6 DAN ZINC TERHADAP KADAR HEMOGLOBIN REMAJA PUTRI VEGETARIAN *LACTO OVO* DI INDONESIA
VEGETARIAN SOCIETY (IVS) JAKARTA 2017

xviii, VI Bab, 116 Halaman, 18 Tabel, 2 Gambar, 8 Grafik, 6 Lampiran

Latar Belakang : Vegetarian *lacto ovo* adalah orang yang hidup dengan mengonsumsi makanan yang berasal dari nabati ditambah susu dan telur beserta produk olahannya (Susianto, 2008). Orang yang pantang mengonsumsi makanan hewani seperti pada populasi vegetarian berisiko tinggi untuk menderita anemia (Pramartha, 2016). Anemia merupakan dampak masalah gizi pada remaja putri. Anemia gizi disebabkan karena kekurangan zat gizi yang berperan dalam proses pembentukan hemoglobin (Lewa, 2016).

Tujuan : Mengetahui hubungan asupan protein, zat besi, vitamin B12, vitamin B9, vitamin B6 dan *zinc* terhadap kadar hemoglobin remaja putri vegetarian *lacto ovo* di *Indonesia Vegetarian Society (IVS)*.

Metode : Jenis penelitian ini adalah *observasional analitik* dengan menggunakan desain penelitian *cross sectional*. Populasi dalam penelitian ini sebanyak 360 orang sedangkan sampel sebanyak 72 responden. Analisa data dalam penelitian ini menggunakan uji korelasi *pearson* untuk asupan protein, vitamin B9, vitamin B6 dan *zinc* sedangkan uji korelasi *spearman* untuk asupan zat besi, vitamin B12.

Hasil : Asupan protein, zat besi, vitamin B12, vitamin B9, vitamin B6 dan *zinc* masih kurang dari Angka Kecukupan Gizi (AKG) 2013. Hasil uji korelasi hubungan asupan protein, zat besi, vitamin B12 dan vitamin B9 dengan kadar hemoglobin nilai $p \leq 0.05$, hubungan asupan vitamin B6 dan *zinc* dengan kadar hemoglobin nilai $p > 0.05$.

Kesimpulan : Ada hubungan asupan protein, zat besi, vitamin B12, vitamin B9, dan *zinc* dengan kadar hemoglobin dan tidak ada hubungan asupan vitamin B6 dengan kadar hemoglobin.

Saran : Pada remaja vegetarian *lacto ovo* di IVS perlu meningkatkan asupan protein, zat besi, vitamin B12, vitamin B9, vitamin B6 dan *zinc*.

Kata kunci : Kadar Hemoglobin, Protein, Remaja Putri, Vegetarian, Vitamin B, Zat Besi, *Zinc*.

Daftar Bacaan : 94 (1992-2016)



ABSTRACT

ESA UNGGUL UNIVERSITY
THE FACULTY OF HEALTH SCIENCE
NUTRITIONAL SCIENCE COURSES
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MIFTAHUSSAADAH

THE RELATIONSHIP OF PROTEIN INTAKE, IRON, VITAMINE B12, VITAMINE B9, VITAMINE B6 AND ZINC TO HEMOGLOBIN OF TEENAGER GIRL OF VEGETARIAN LACTO OVO TYPES IN INDONESIA VEGETARIAN SOCIETY (IVS) JAKARTA 2017

xviii, VI Chapter, 116 Pages, 18 Tables, 2 Pictures, 8 Graphs, 6 Attachments

Background : Vegetarian *lacto ovo* is the living with consume food that is derived from the vegetable plus milk and eggs along with other processed products (Susianto, 2008). The abstinence consume food fats such as on the vegetarian population high risk to suffer anemia (Pramartha, 2016). Anemia is the impact of nutritional problems in teenage girl. Nutritional Anemia due to the lack of nutrients that have a role in the process of formation of hemoglobin (Lewa, 2016).

The purpose : To know the relationship of protein intake, iron, vitamin B12, vitamin B9, vitamin B6 and *zinc* against hemoglobin teenage girl vegetarian *lacto ovo* in *Indonesia Vegetarian Society (IVS)*.

The method : The type of this research uses studies analytical observation research by using a cross sectional research design. The population of this research is 360 people whereas The sample in this research is 72 respondents. Data Analysis in this research using the *pearson correlation test* for protein intake, vitamin B9, vitamin B6 and *zinc* while *spearman correlation tests* for intake of iron, vitamin B12.

The Result : Protein intake, iron, vitamin B12, vitamin B9, vitamin B6 and *zinc* is still less than the number of the adequacy of nutrition (AKG) 2013. Test results correlation relationship between protein intake, iron, vitamin B12 and vitamin B9 with hemoglobin value $p \leq 0.05$, the relationship between the intake of vitamin B6 and zinc with hemoglobin value $p > 0.05$.

Conclusion : There is a relationship between protein intake, iron, vitamin B12, vitamin B9, and *zinc* with hemoglobin and there is no relationship between the intake of vitamin B6 with hemoglobin.

Suggestions : On teenagers vegetarian *lacto ovo* in IVS need to increase protein intake, iron, vitamin B12, vitamin B9, vitamin B6 and *zinc*.

Key Words : Hemoglobin, proteins, Teenage girl, Vegetarian, Vitamin B, Iron, *Zinc*.

Reading list : 94 (1992-2016)