

## ABSTRAK

### HUBUNGAN ASUPAN PROTEIN, ZAT BESI, VITAMIN C DAN PENGETAHUAN GIZI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMPN 191 TAHUN 2018

ADE BORGAS ALIANDU  
PROGRAM STUDI GIZI

**Latar Belakang :** Masalah gizi yang biasa dialami pada masa remaja salah satunya adalah anemia. Anemia disebabkan oleh kekurangan zat besi yang berperan dalam pembentukan hemoglobin, yang disebabkan karena kurangnya asupan gizi atau adanya gangguan absorpsi. Remaja putri lebih beresiko mengalami anemia dibandingkan remaja putra.

**Tujuan :** Mengetahui hubungan asupan protein, zat besi, vitamin C dan pengetahuan gizi dengan kejadian anemia pada remaja putri di SMPN 191 Jakarta Barat.

**Metode Penelitian :** Desain penelitian ini *cross sectional* (potong lintang). Populasi penelitian ini adalah seluruh remaja putri kelas VIII SMPN 191 Jakarta Barat. Data yang dikumpulkan asupan protein, zat besi, vitamin C dan pengetahuan gizi dan kadar hemoglobin yang dilakukan oleh peneliti dan tenaga yang sudah dilatih. Analisa

**Hasil Penelitian :** Dari hasil penelitian didapatkan bahwa terdapat hubungan yang signifikan antara asupan protein dengan kejadian anemia yaitu 0,004 ( $p\text{-Value} \leq 0,05$ ), asupan zat besi dengan kejadian anemia yaitu 0,005 ( $p\text{-Value} \leq 0,05$ ), asupan vitamin C dengan kejadian anemia yaitu 0,019 ( $p\text{-Value} \leq 0,05$ ) dan pengetahuan gizi dengan kejadian anemia yaitu 0,016 ( $p\text{-Value} \leq 0,05$ ) pada remaja putri di SMPN 191 Jakarta Barat Tahun 2018.

**Kesimpulan:** Terdapat hubungan antara asupan protein, zat besi, vitamin C dan pengetahuan gizi dengan kejadian anemia.

**Kata kunci :** Asupan protein, zat besi, vitamin C, pengetahuan gizi, kejadian anemia

**Daftar bacaan :** 77 (1994-2018).

## ABSTRACT

### RELATIONSHIP BETWEEN PROTEIN, IRON, VITAMIN C AND NUTRITION KNOWLEDGE WITH THE ANEMIA IN ADOLESCENTS OF YOUNG WOMEN VOCATIONAL SCHOOL IN SMPN 191 YEAR 2018 ADE BORGAS ALIANDU NUTRITION STUDY PROGRAM

**Background:** Anemia is caused by iron deficiency which plays a role in the formation of hemoglobin, which is caused by a lack of nutrient intake or interference with absorption. Some,s nutrients such as iron, proteins that act as catalysts in hem synthesis in the hemoglobin molecule, vitamin C which affects iron absorption and stability of red blood cell membranes.

**Objective:** To determine the relationship between protein, iron, vitamin C intake and nutritional knowledge with the incidence of anemia in young women at SMPN 191 West Jakarta.

**Research Method:** This study design is cross sectional. The population of this study was all young women in class VIII of SMPN 191 West Jakarta. The data taken in this study were protein, iron, vitamin C and nutritional knowledge in the form of questionnaires (FFQ), and check hemoglobin levels with Easy touch GCHb multi system performed by health personnel.

**Research result :** The results showed that there was a significant relationship between protein intake and the incidence of anemia is 0.004 (p-Value  $\leq$  0.05), iron intake with the incidence of anemia is 0.005 (p-Value  $\leq$  0.05), vitamin C intake with the incidence of anemia is 0.005 (p-value  $\leq$  0.05), vitamin C intake with anemia incidence is 0.019 (p-value  $\leq$  0.05) and nutritional knowledge with anemia incidence is 0.016 (p-value  $\leq$  0.05) in young women at SMPN 191 West Jakarta in 2018.

**Conclusion:** Intake of protein, iron and vitamin C has a strong effect on increase in Hb levels, namely the increased intake of protein, iron and vitamin C, the Hb level in young women will increase.

**Keywords:** protein intake, iron intake, vitamin C intake, nutritional knowledge, incidence of anemia.

**Reading list:** 77 (1994-2018).