

ABSTRAK

Judul : Hubungan Asupan Protein, Fe, Folat, Vitamin C dan Tanin dengan Kadar Hemoglobin pada Buruh Pabrik Wanita di PT. Global Eco Plasindo.
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Program Studi : Gizi

VI BAB, 54 halaman, 11 Tabel, 5 Gambar

Latar Belakang : Anemia menimbulkan dampak bagi kesehatan dan performa para pekerja seperti kelelahan dan penurunan kapasitas kerja. Wanita dengan keadaan anemia, produktifitasnya lebih rendah jika dibandingkan dengan wanita yang tidak anemia, artinya semakin rendah kadar hemoglobin maka akan menurunnya produktivitas. **Tujuan :** Mengetahui Hubungan asupan protein, Fe, Folat, Vitamin C dan Tanin dengan kadar Hemoglobin pada pekerja wanita di PT. Global Eco Plasindo. **Metode :** Penelitian Desain penelitian cross-sectional. Subjek pekerja wanita yang dipilih secara cross sectional. Kadar hemoglobin diukur menggunakan easy touch, asupan protein, Fe, folat, dan vitamin C diperoleh dengan metode food recall dan asupan tanin dengan metode *FFQ* kemudian dihitung dengan nutrisurvey. Analisis bivariat menggunakan uji korelasi pearson dan jika data tidak normal menggunakan uji spearman. **Hasil :** nilai median protein responedn berada dalam angka $(32,40 \pm 1,44)$, asupan Fe $(5,20 \pm 5,20)$, asupan Folat $(72,85 \pm 6,95)$, asupan Vitamin C sebesar $(6,00 \pm 1,48)$. Dari 75 responden yang tidak sering konsumsi tanin 46 orang (61,33%) dan yang sering konsumsi tanin sebanyak 29 orang (38,67%). Tidak ada hubungan antara asupan tanin dengan kadar hemoglobin pada pekerja wanita di PT. Global Eco Plasindo ($p > 0,05$). **Kesimpulan :** kecukupan Fe didalam tubuh mempengaruhi kadar hemoglobin dalam darah dengan faktor pemicu absorsi Fe seperti Protein, folat, dan Vitamin C serta faktor penghambat absorsi Fe seperti tanin.

Kata Kunci : Kadar hemoglobin, asupan protein, asupan Fe, asupan Folat, asupan Vitamin C, asupan Tanin

ABSTRACT

Title : Relationship of Protein, Fe, Folate, Vitamin C and Tannin Intake with Hemoglobin Levels in Women Factory Laborers at PT. Global Eco Plasindo.
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Study program : Nutrition

VI Chapter, 54 Page, 11 Table, 5 Graphs

Background: Anemia causes damages to the health and performance of workers such as fatigue and decreased work capacity. Women with anemia, their productivity is lower when compared to women who are not anemic, meaning that the lower the level of hemoglobin will decrease productivity.

Keywords: Hemoglobin level, protein intake, Fe intake, Folate intake, Vitamin C intake, Tanin intake. **Objective:** To determine the relationship of the intake of protein, Fe, Folate, Vitamin C and Tannins with the level of Hemoglobin levels in female workers at PT. Global Eco Plasindo. **Methods:** Research Cross-sectional research design. Subjects of female workers who were selected were cross sectional. Hemoglobin levels were measured using easy touch, intake of protein, Fe, folate, and vitamin C were obtained by the food recall method and tannin intake by the FFQ method was then calculated with a nutrisurvey. Bivariate analysis using Pearson correlation test and if the data are not normal using the Spearman test. **Results:** the median value of responsive protein was in numbers (32.40 ± 1.44), Fe intake (5.20 ± 5.20), Folate intake (72.85 ± 6.95), Vitamin C intake ($6, 00 \pm 1.48$). Of the 75 respondents who did not frequently consume tannins 46 people (61.33%) and those who frequently consumed tannins were 29 people (38.67%). There is no relationship between tannin intake with hemoglobin levels in female workers at PT. Global Eco Plasindo ($p > 0.05$). **Conclusion:** the adequacy of Fe in the body influences the levels of hemoglobin in the blood by triggering factors of Fe absorption such as Protein, folate, and Vitamin C as well as inhibiting factors of Fe absorption such as tannin.

Keywords: Hemoglobin levels, protein intake, Fe intake, Folate intake, Vitamin C intake, Tanin intake