Tabel 1. Distribusi Frekuensi Menurut Umur

Statistics

Umur

N	Valid	214
	Missing	0
Mean		31.52
Median		31.00
Std. Deviation		7.868
Minimum		15
Maximum		45

umur2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15-24	38	17.8	17.8	17.8
	24-34	99	46.3	46.3	64.0
	>=35	77	36.0	36.0	100.0
	Total	214	100.0	100.0	

Tabel 2. Distribusi Frekuensi Menurut Kadar Hemoglobin

Statistics

Kadar Hemoglobin

N	Valid	214
	Missing	0
Mean		13.3224
Median		13.200
Std. Deviation		2.0366
Minimum		8.30
Maximum		26.70

Kadar Hemoglobin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Anemia <12.0 g/dl	40	18.7	18.7	18.7
	Tidak Anemia >=12.0 g/dl	174	81.3	81.3	100.0
	Total	214	100.0	100.0	

Tabel 3. Distribusi Frekuensi Menurut Tingkat Pendidikan

Pendidikan Tertinggi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Pernah Sekolah	4	1.9	1.9	1.9
	Tidak Tamat SD	30	14.0	14.0	15.9
	Tamat SD	47	22.0	22.0	37.9
	Tamat SLTP	35	16.4	16.4	54.2
	Tamat SLTA	79	36.9	36.9	91.1
	Tamat Perguruan Tinggi	19	8.9	8.9	100.0
	Total	214	100.0	100.0	

Tabel 4. Distribusi Frekuensi Menurut Status Gizi

Statistics

Body Mass Index/IMT

N	Valid	214
	Missing	0
Mean		23.2311
Median		22.2185
Std. Deviation		4.43059
Minimum		14.14
Maximum		38.98

IMT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	satus gizi kurang	31	14.5	14.5	14.5
	status gizi normal	114	53.3	53.3	67.8
	status gizi lebih	69	32.2	32.2	100.0
	Total	214	100.0	100.0	

Tabel 5. Distribusi Responden Menurut Asupan Protein, Vitamin A dan Zat Besi

Statistics

		asupan protein	asupan vitamin a	asupan besi
N	Valid	214	214	214
	Missing	0	0	0
Mean		109.365	499.10	11.098
Median		115.250	491.50	10.000
Std. Deviation		33.2821	267.214	5.0745
Minimum		20.6	101	4.2
Maximum		167.5	994	33.7

asupan protein

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	<60 g/hr	19	8.9	8.9	8.9
	>=60 g/hr	195	91.1	91.1	100.0
	Total	214	100.0	100.0	

asupan vitamin a

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	<600 µg/hr	136	63.6	63.6	63.6
	>=600 µg/hr	78	36.4	36.4	100.0
	Total	214	100.0	100.0	

asupan besi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	<27 mg/hr	210	98.1	98.1	98.1
	>=27 mg/hr	4	1.9	1.9	100.0
	Total	214	100.0	100.0	

Tabel 6. Hubungan Asupan Protein dengan Kejadian Anemia

Crosstab

			Kadar Hemoglobin		
			Anemia <12.0 g/dl	Tidak Anemia >=12.0 g/dl	Total
asupan protein	<60 g/hr	Count	4	15	19
		% of Total	1.9%	7.0%	8.9%
	>=60 g/hr	Count	36	159	195
		% of Total	16.8%	74.3%	91.1%
Total		Count	40	174	214
		% of Total	18.7%	81.3%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.076[a]	1	.782		
Continuity Correction[b]	.000	1	1.000		
Likelihood Ratio	.074	1	.785		
Fisher's Exact Test				.761	.491
Linear-by-Linear Association	.076	1	.783		
N of Valid Cases	214				

a. 1 cells (25.0%) have expected count less than 5. The minimum expected count is 3.55.

b. Computed only for a 2x2 table

Tabel 7. Hubungan Asupan Vitamin A dengan Kejadian Anemia

Crosstab

			Kadar Hemoglobin		
			Anemia <12.0 g/dl	Tidak Anemia >=12.0 g/dl	Total
asupan vitamin a	<600 µg/hr	Count	27	109	136
		% of Total	12.6%	50.9%	63.6%
	>=600 µg/hr	Count	13	65	78
		% of Total	6.1%	30.4%	36.4%
Total		Count	40	174	214
		% of Total	18.7%	81.3%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.331[a]	1	.565		
Continuity Correction[b]	.155	1	.694		
Likelihood Ratio	.335	1	.562		
Fisher's Exact Test				.591	.351
Linear-by-Linear Association	.330	1	.566		
N of Valid Cases	214				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 14.58.

b. Computed only for a 2x2 table

Tabel 8. Hubungan Asupan Zat Besi dengan Kejadian Anemia

Crosstab

			Kadar Hemoglobin		
			Anemia <12.0 g/dl	Tidak Anemia >=12.0 g/dl	Total
asupan besi	<27 mg/hr	Count	40	170	210
		% of Total	18.7%	79.4%	98.1%
	>=27 mg/hr	Count	0	4	4
		% of Total	0.0%	1.9%	1.9%
Total		Count	40	174	214
		% of Total	18.7%	81.3%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.937[a]	1	.333		
Continuity Correction[b]	.103	1	.748		
Likelihood Ratio	1.673	1	.196		
Fisher's Exact Test				1.000	.434
Linear-by-Linear Association	.933	1	.334		
N of Valid Cases	214				

a. 2 cells (50.0%) have expected count less than 5. The minimum expected count is .75.

b. Computed only for a 2x2 table

Tabel 9. Hubungan Status Gizi dengan Kejadian Anemia

Correlations

			Kadar Hemoglobin	IMT
Spearman's rho	Kadar Hemoglobin	Correlation Coefficient	1.000	.241**
		Sig. (2-tailed)	.	.000
		N	214	214
	IMT	Correlation Coefficient	.241**	1.000
		Sig. (2-tailed)	.000	.
		N	214	214

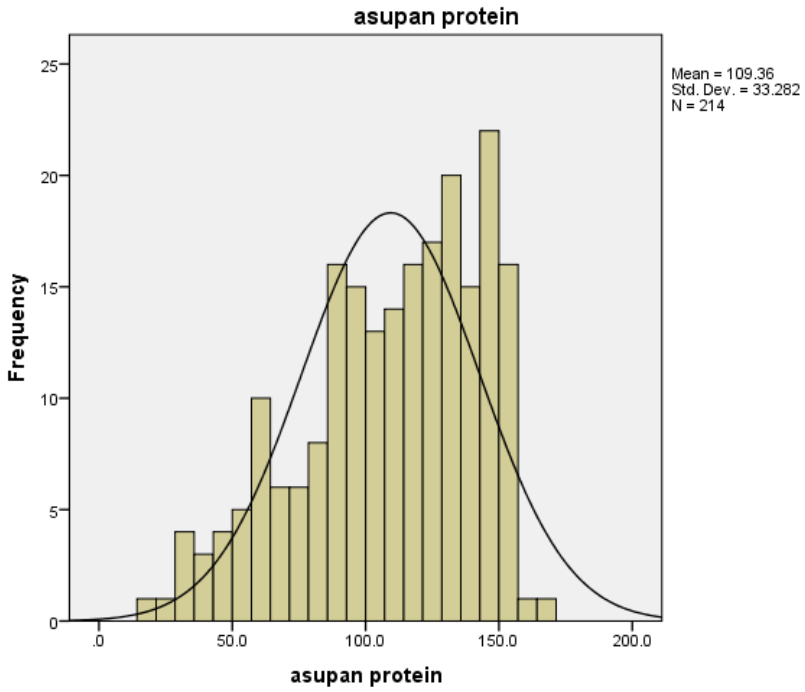
**. Correlation is significant at the 0.01 level (2-tailed).

Tabel 10. Hubungan Tingkat Pendidikan dengan Kejadian Anemia

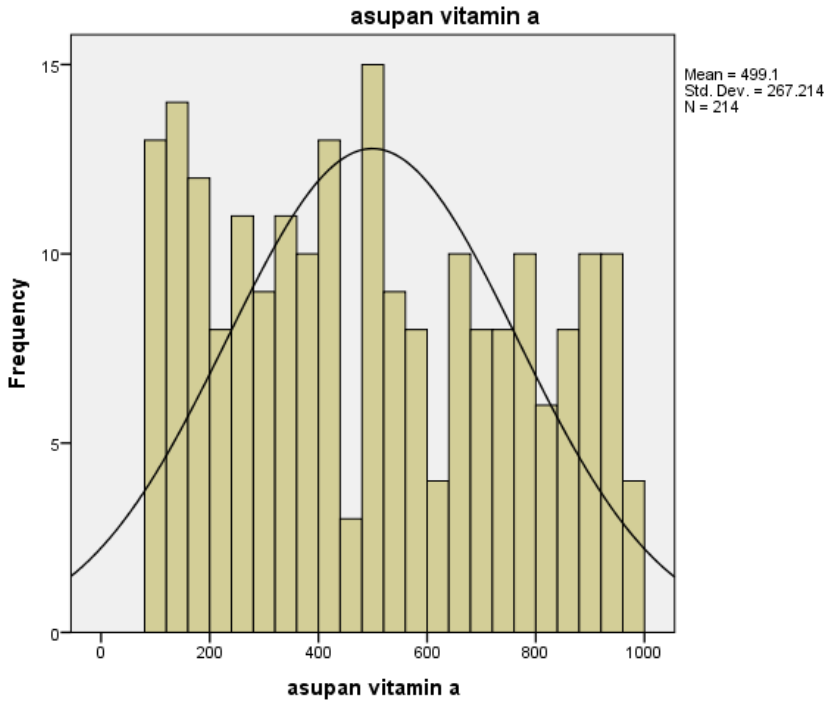
Correlations

			Kadar Hemoglobin	Pendidikan Tertinggi
Spearman's rho	Kadar Hemoglobin	Correlation Coefficient	1.000	.037
		Sig. (2-tailed)	.	.592
		N	214	214
	Pendidikan Tertinggi	Correlation Coefficient	.037	1.000
		Sig. (2-tailed)	.592	.
		N	214	214

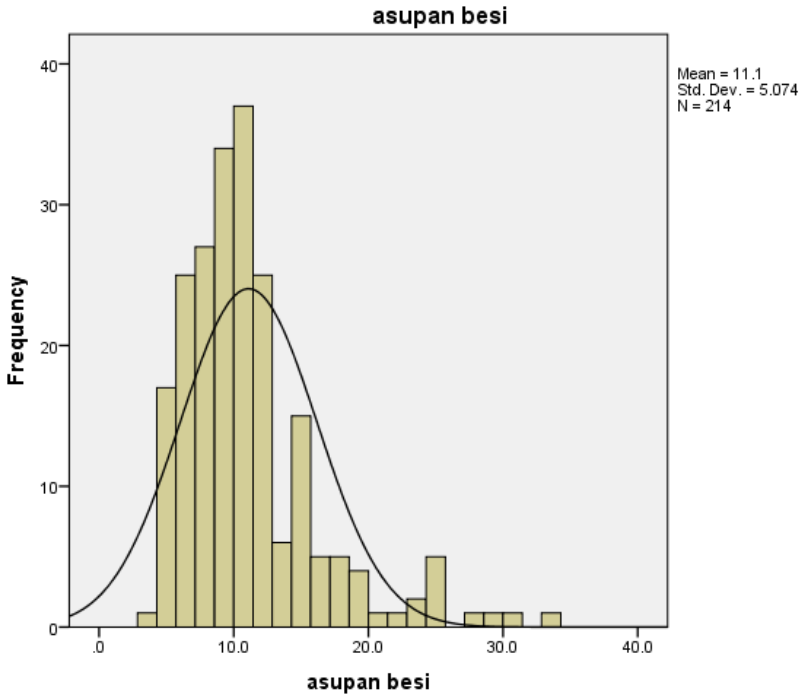
Grafik 1. Histogram Asupan Protein



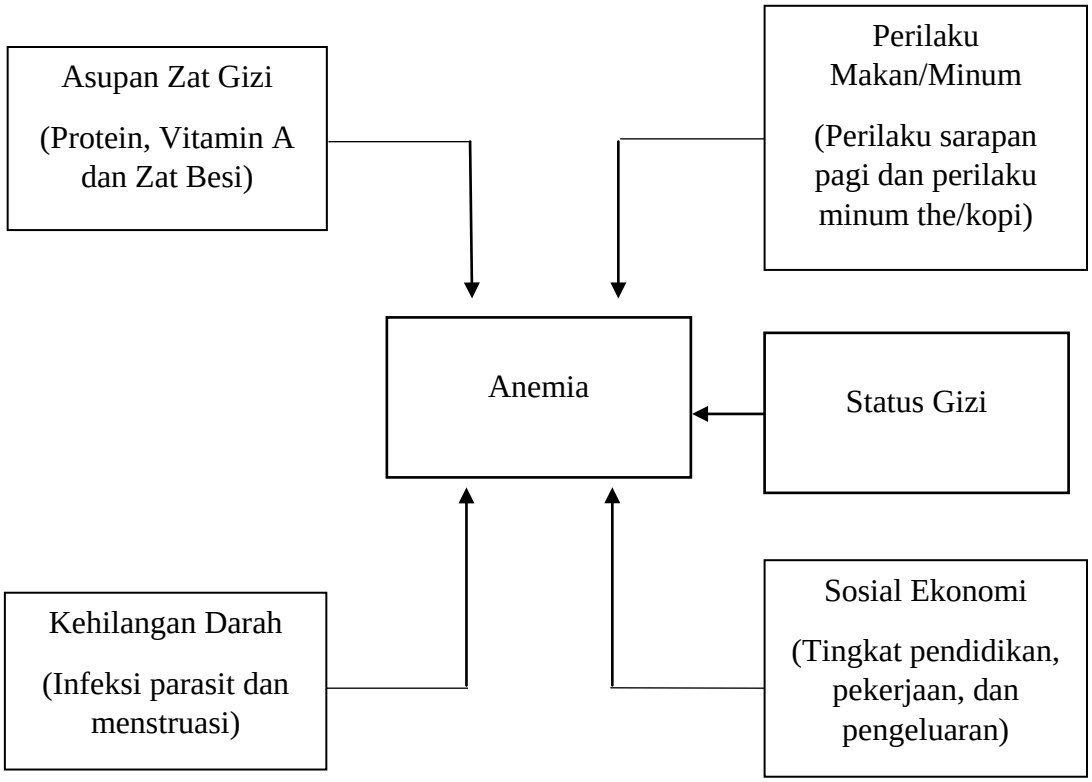
Grafik 2. Histogram Asupan Vitamin A



Grafik 3. Histogram Asupan Zat Besi

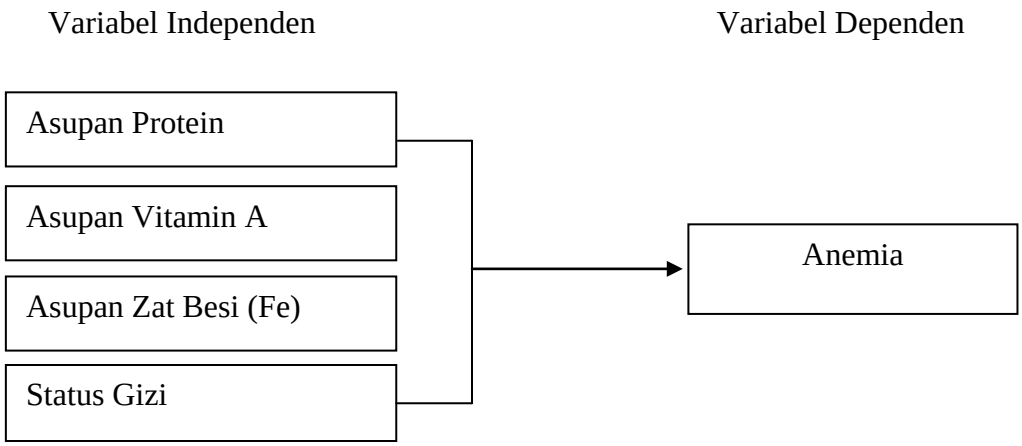


Gambar 1. Kerangka Berpikir

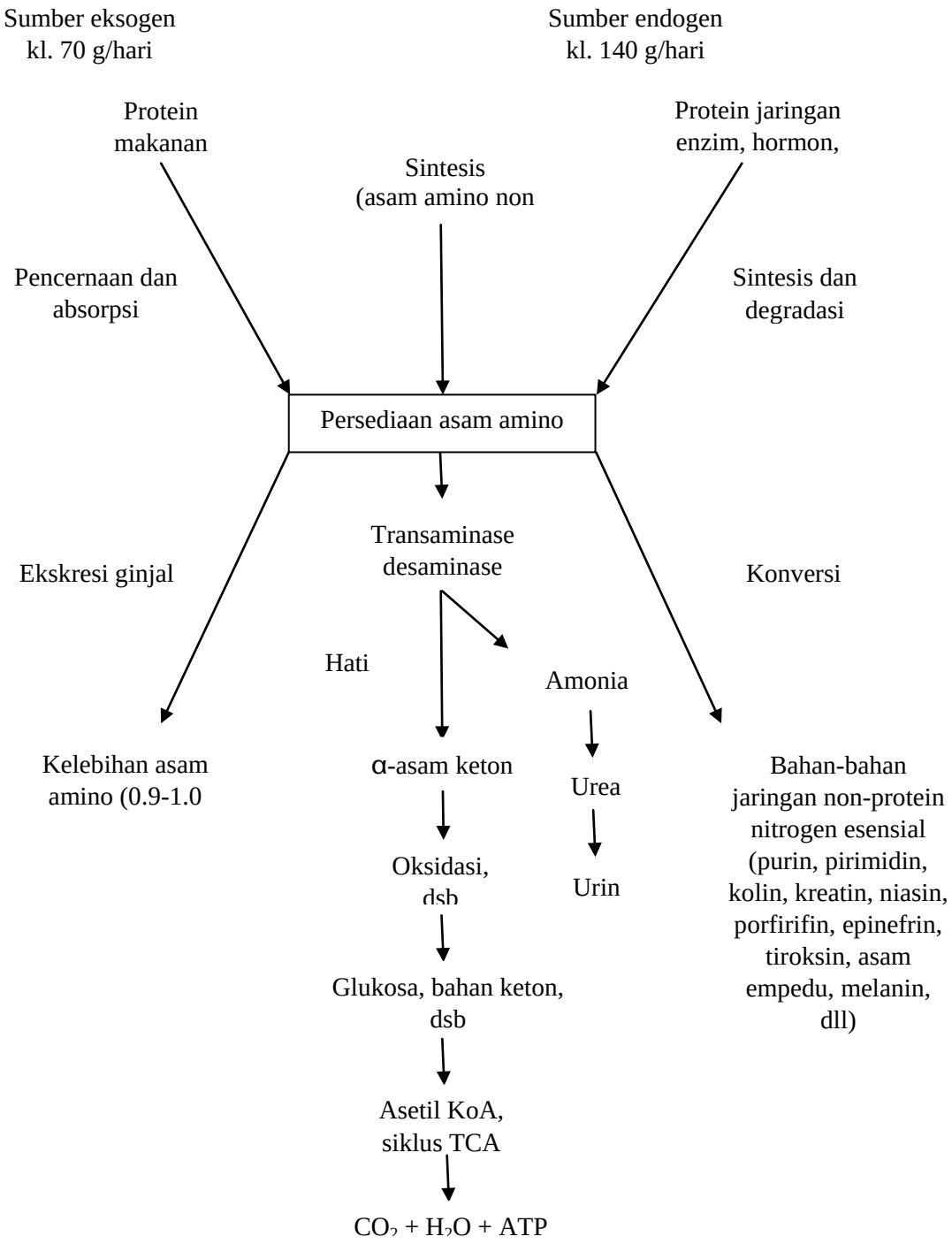


Sumber : Husaini (1989), Permaesih (2005), Satyaningsih (2007).

Gambar 2. Kerangka Teori

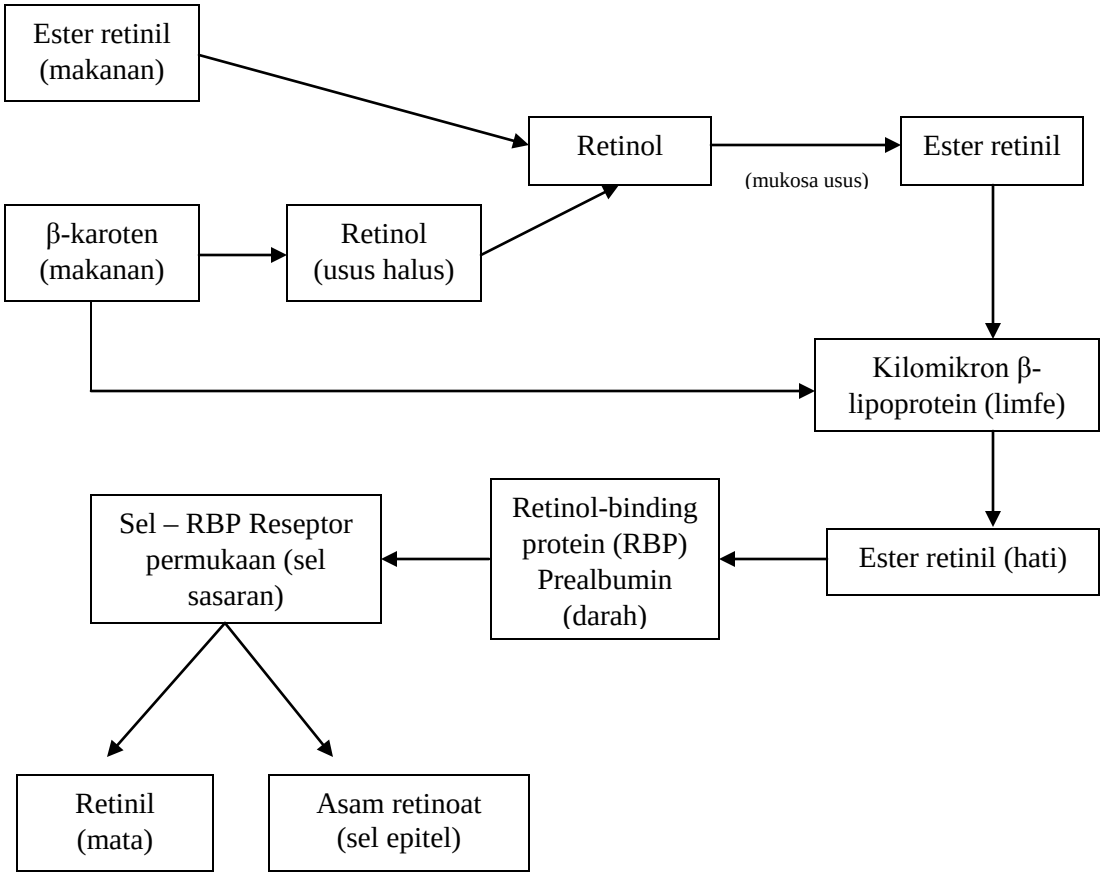


Gambar 3. Skema Metabolisme Protein dan Asam Amino



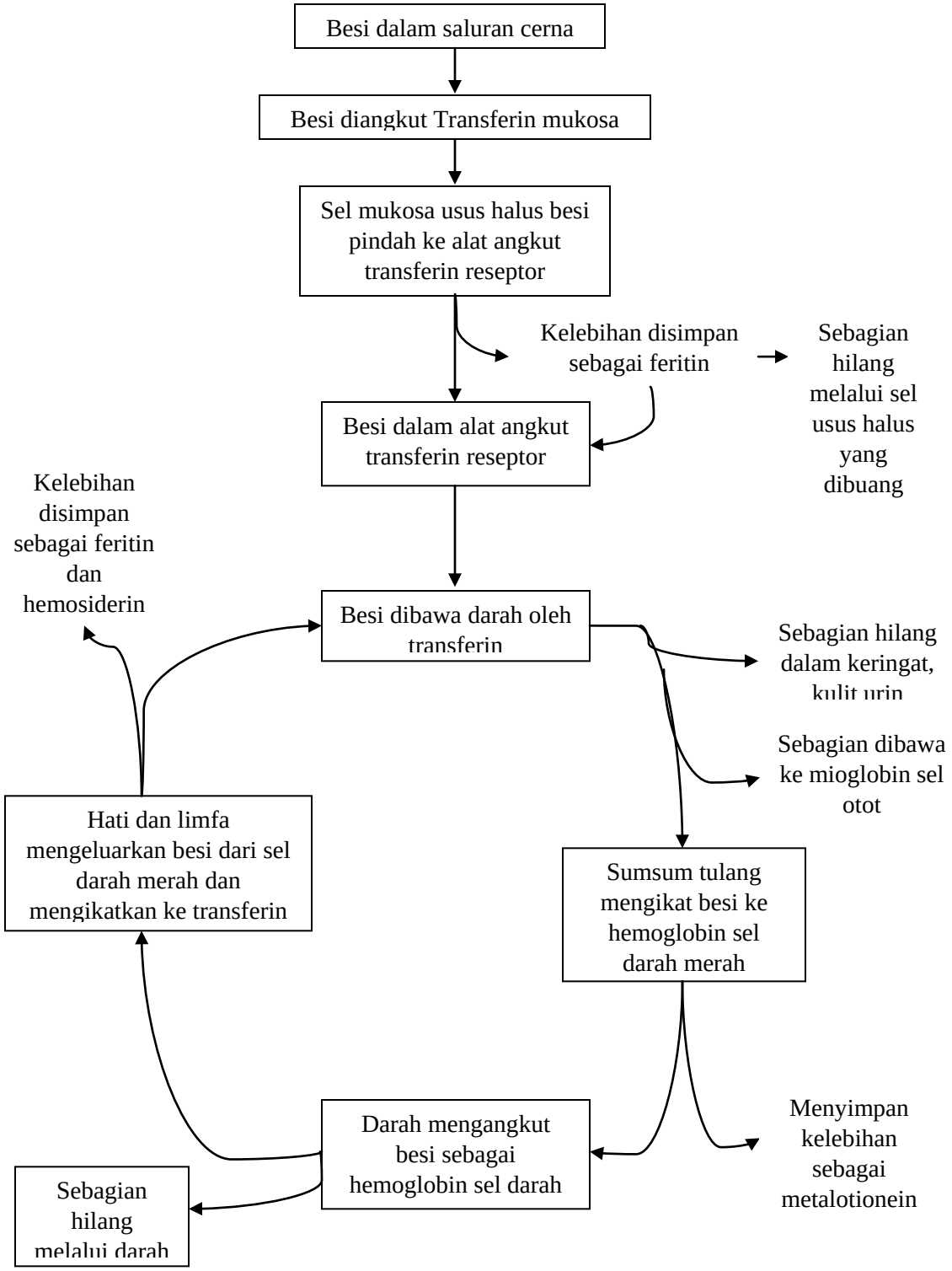
Sumber: Mahan L.k. dan M.T. Arlin, *Krause's Food, Nutrition & Diet Therapy*, 1992, hlm. 61

Gambar 4. Skema Alur Transpor Vitamin A di dalam Tubuh



Sumber: Mahan L.k. dan M.T. Arlin, *Krause's Food, Nutrition & Diet Therapy*, 1992, hlm. 72.

Gambar 5. Skema Metabolisme Zat Besi



Sumber: Whitney, E.N. dan S.R. Rolfes, *Understanding Nutrition,* 1993, hlm. 407 (dimodifikasi)