

Konsumsi makanan dan kejadian anemia pada siswi salah satu smp di kota makassar./ Sri Syatriani, Astrina Aryani

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Abstrak

Anemia dikalangan remaja masih merupakan masalah kesehatan yang penting akibat pertumbuhan remaja sangat pesat. Penelitian ini bertujuan untuk

mengetahui hubungan konsumsi protein, zat besi, vitamin B12, dan vitamin C dengan kejadian anemia pada siswi salah satu SMP di Makassar. Penelitian ini

dengan disain studi cross sectional. Sampel adalah siswi kelas I dan II yang dipilih secara purposive sampling sebanyak 50 orang. Pengumpulan data konsumsi makanan dengan formulir recall 24 jam dan pengukuran kadar Hb dengan alat hemocue. Hasil penelitian dengan analisis chi-square diperoleh ada hubungan antara konsumsi protein ($p=0,000$), konsumsi zat besi ($p=0,002$), konsumsi vitamin B 12 ($p=0,044$), dan konsumsi vitamin C ($p=0,006$) dengan kejadian anemia. Untuk itu, disarankan para siswi meningkatkan konsumsi makanan sumber protein terutama protein hewani, zat besi, vitamin B12, dan vitamin

C serta mengatur pola makan.

Anemia is a public health problem which is still higher prevalence in teenagers because during this period in very rapid growth. This study aims to determine

the relationship of several factors such as consumption of protein, iron, vitamin B12, and vitamin C with the incidence of anemia in junior high school students

in Makassar. The study was cross sectional study. Sample are first and second grade students who are selected by purposive sampling is 50 people. Food

consumption data collection was performed with 24 hour recall form and measurement of Hb by using hemocue. The result with chi-square analysis found

that there is relationship between protein consumption ($p=0,000$), consumption of iron ($p=0,002$), intake of vitamin B12 ($p=0,044$), and consumption of vitamin C ($p=0,006$) with the incidence of anemia. It is suggested that the student increase the consumption of food from protein, especially animal protein, iron,

vitamin B12, and vitamin C as well as regulate diet.