

Peran asupan zat gizi dan faktor lain terhadap kadar hemoglobin siswi SMUN 3 kota Padang provinsi Sumatera Barat tahun 2001 = The role of nutrient intake and other factors to haemoglobin concentration of adolescent schoolgirls in SMUN 3 at Padang City, West Sumatera Province 2001

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Abstrak

Anemia Gizi yang disebabkan karena kekurangan zat besi masih merupakan salah satu masalah gizi utama di Indonesia. Survei Kesehatan Rumah Tangga (SKRT) tahun 1995 menunjukkan bahwa 57,1% Remaja Putri (usia 10-14 tahun) dan 39,5% Wanita Usia Subur (WUS) menderita anemia. Hasil penelitian pada remaja putri di SMUN 3 Padang tahun 1999 juga menunjukkan angka anemia yang cukup tinggi yaitu 25,6%. Namun sejauh ini belum diketahui faktor-faktor apa yang berhubungan dengan terjadinya anemia atau rendahnya kadar hemoglobin pada siswi tersebut.

Tujuan penelitian ini adalah untuk memperoleh gambaran asupan zat gizi terutama energi, protein, vitamin C, dan zat besi serta faktor lainnya yang berkaitan dengan kejadian anemia. Penelitian dilakukan pada siswi SMUN 3 Kota Padang Provinsi Sumatera Barat Desain penelitian adalah cross sectional. Pemilihan lokasi penelitian dilakukan secara purposive sampling sedangkan pengambilan sampel dilakukan secara systematic random sampling dengan jumlah sampel sebanyak 192 orang siswi.

Hasil penelitian menunjukkan besarnya prevalensi anemia sebesar 29,2%. Terdapat hubungan bermakna antara asupan zat gizi (energi, protein, zat besi) dengan kadar Hb siswi ($p < 0,05$). Faktor pendapatan per kapita berhubungan secara bermakna terhadap kadar Hb, sedangkan tingginya konsumsi bahan makanan penghambat absorpsi zat besi, rendahnya konsumsi bahan makanan peningkat absorpsi zat besi, pola haid yang lama, dan pendidikan ibu yang rendah menunjukkan persentase kejadian anemia yang lebih tinggi walaupun tidak bermakna secara uji statistik. Dan uji multivariat ditemukan 2 (dua) faktor yang berhubungan secara bermakna dengan kadar Hb yaitu asupan protein dan pendapatan per kapita keluarga. Asupan protein merupakan faktor dominan berhubungan dengan kadar Hb.

Dari hasil penelitian disarankan kepada sekolah untuk mengembangkan program pencegahan dan penanggulangan anemia dengan pendidikan kesehatan dan gizi melalui diskusi peer group secara berkala, pengembangan materi KIE yang menarik sesuai dengan minat remaja, pengadaan dan pemberian tablet tambah darah bagi siswi pada saat haid, pemeriksaan Hb secara berkala, dan pemberian tablet tambah darah bagi yang anemia. Kegiatan ini dilaksanakan bekerja sama dengan organisasi BP3, OSIS, Puskesmas/Dinas Kesehatan Kota Padang, Akademi Gizi Padang, dan Distributor obat.

Perlu penelitian dengan ruang lingkup lebih luas untuk mengetahui besarnya permasalahan anemia gizi di Kota Padang, khususnya pada remaja putri sebagai calon ibu agar mutu SDM dapat lebih dioptimalkan.
.....Nutritional Anemia, and specifically iron deficiency anemia remains one of the most severe and

important nutritional deficiencies in Indonesia to day. The household health survey (SKRT) conducted in 1995 showed that 57,1% of adolescent girls (10-14 years old) and 39,5% women of reproductive age (15-44 years old) suffered from anemia. The result of survey on adolescent school girls at SMUN 3 Padang in 1999, showed that prevalence of nutritional anemia among that girls was 25,6%. So far, the factors which are related to that problem not yet known. The potential consequences of anemia in adolescent girls may include fatigue, impaired physical performance, lowered endurance, reduced attention span, decreased school performance and leads to increased risk for morbidity and mortality among pregnant women.

The objective of this study was to find out the description of nutrients intake (energy, protein, vitamin C, iron) and other factors related to hemoglobin concentration in adolescent school girls. The study has been done for adolescent school girls at SMUN 3 Padang, West Sumatera. Research designed was using cross sectional study and location of the study based on purposive sampling. Sampling used by systematic random sampling and sample size were 192 adolescent school girls.

The results indicates that 29,2% of adolescent schoolgirls was suffered from anemia (Hb concentration < 12 g/dl) and nutrients intake (energy, protein, iron) had significant relation to concentration of hemoglobin of adolescent schoolgirls ($p < 0,05$). The household income per capita also had statistically significant relation to concentration of hemoglobin, while high consumption of inhibitor factor of iron absorption, low consumption of enhancer factor of iron absorption, length of menstruation patterns, and low level of mother education had relation to concentration of hemoglobin but non significant by using statistics. Results of multivariate statistics showed that 2 (two) factors which are protein intake and household income per capita were related significantly with hemoglobin concentration. Protein intake was dominant factor related to hemoglobin concentration.

According to the results of the study the author suggests to school to develop preventive and curative program through health and nutrition education with peer group discussion regularly, to develop the attractive material for IEC, to provide and gives iron supplementation to menstrual school girls, to assess hemoglobin concentration regularly, and gives iron supplementation to anemic girls. The activity can be done by teamwork with BP3 organization, OSIS, Public Health Center/Padang Health District, Academy of Nutrition, and Pharmacy Distributor.

It needed a study with wide-scale to investigate the problem of nutritional anemia in Padang city, especially in adolescent girls as future mothers in order to make human resources optimized.