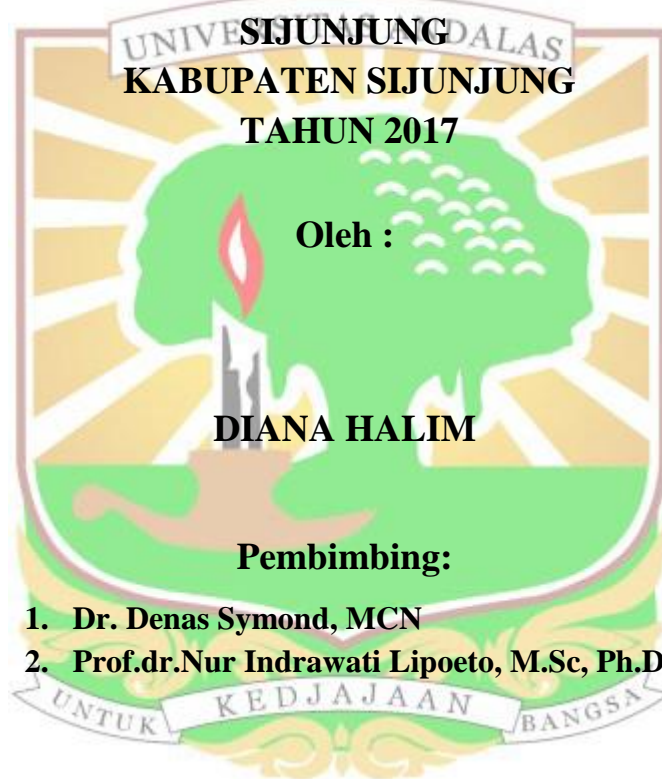




UNIVERSITAS ANDALAS

**HUBUNGAN ASUPAN MAKANAN BERSUMBER ZAT BESI
HEME, NON HEME DAN PROTEIN DENGAN KADAR
HEMOGLOBIN REMAJA PUTRI DI SMA NEGERI 2**



**Diajukan Sebagai Pemenuhan Syarat Untuk Mendapatkan
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PADANG, 2017**

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Skripsi, 14 Juli 2017

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SIJUNJUNG KABUPATEN SIJUNJUNG TAHUN 2017**

x + 47 halaman, 10 tabel, 2 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

Kadar Hemoglobin (Hb) pada remaja putri bisa di pengaruhi oleh berbagai macam sumber asupan diantaranya asupan zat besi heme, non heme dan protein responden. Penelitian ini bertujuan untuk mengetahui hubungan asupan makanan bersumber zat besi heme, non heme dan protein dengan kadar Hb remaja putri di SMAN 2 Sijunjung tahun 2017.

Metode

Penelitian ini menggunakan desain *cross sectional study*. Populasi semua remaja putri kelas I dan II di SMAN 2 Sijunjung dengan sampel sebanyak 269 orang diambil secara *simple random sampling*. Data primer diambil dengan wawancara dan pengukuran kadar Hb dengan alat hemosmart ketelitian 0,1 gr/dl, data sekunder didapatkan dari bagian kesiswaan. Analisis data dengan uji korelasi sederhana *person* dan *rho-sperman* dengan derajat kepercayaan 95%.

Hasil

Nilai rerata kadar Hb, asupan zat besi heme, non heme dan protein adalah 11,10 gr/dl, 2,22 mg, 12,77 mg dan 80,77 mg. Analisis bivariat diketahui adanya hubungan bermakna asupan zat besi non heme dan protein dengan kadar Hb ($p < 0,05$) dan tidak terdapat hubungan bermakna antara asupan zat besi heme dengan kadar Hb remaja putri SMAN 2 Sijunjung ($p > 0,05$).

Kesimpulan

Rerata kadar Hb remaja putri masih di bawah standar 11, 10 gr/dl. Sebanyak 136,9 % rerata asupan protein sudah mencukupi 80,77 gr/hari. Disarankan perlunya penyuluhan dan pendidikan kesehatan di sekolah oleh guru atau Pembina PMR khususnya mengenai asupan zat besi heme, non heme dan protein dengan kadar Hb.

Daftar Pustaka : 47 (1998 - 2017)

Kata Kunci : Asupan zat besi heme, non heme, protein, kadar hemoglobin

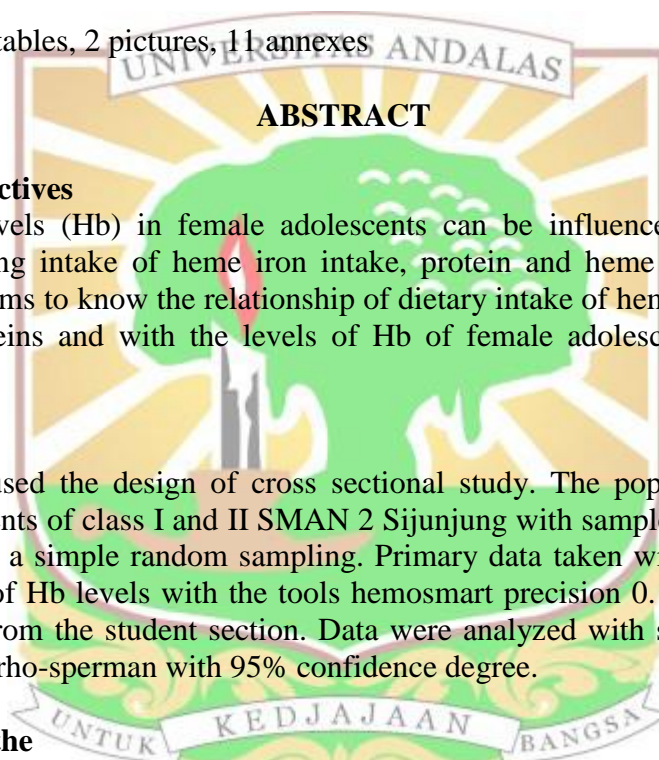
**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Thesis, 14 July 2017

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**THE FOOD INTAKE RELATIONSHIP IS SOURCED FROM
HEME IRON, NON HEME AND PROTEIN WITH
HEMOGLOBON LEVELS IN FEMALE ADOLESCENTS IN THE
SMAN 2 SIJUNJUNG AT DISTRICT SUJUNJUNG 2017**

x + 10 page 47 tables, 2 pictures, 11 annexes



ABSTRACT

Research Objectives

Hemoglobin levels (Hb) in female adolescents can be influenced by a variety of sources including intake of heme iron, protein and non-heme iron. This research aims to know the relationship of dietary intake of heme iron, non-heme iron, and protein with the levels of Hb of female adolescents in SMAN 2 Sijunjung 2017.

Method

This research used the design of cross-sectional study. The population of all the female adolescents of class I and II SMAN 2 Sijunjung with samples as much as 269 people taken as a simple random sampling. Primary data taken with interviews and measurements of Hb levels with the tools HemoSmart precision 0.1 gr/dl, secondary data obtained from the student section. Data were analyzed with simple correlation test person and rho-Spearman with 95% confidence degree.

The results of the

The value of average levels of Hb, the iron intake of heme, non-heme, and protein 11.10 gr/dl, 2.22 mg, 12.77 mg and 80.77 mg. Analysis of the known existence of meaningful relationship bivariate intake of non-heme iron and protein with Hb levels ($p < 0.05$) and there is no meaningful relationship between heme iron intake with the levels of Hb of female adolescents SMAN 2 Sijunjung ($p > 0.05$).

Conclusion

Average levels of Hb of female adolescents is still below the standard 11, 10 gr/dl. As much as 136.9% average protein intake already sufficient 80.77 gr/day. It is recommended the need to outreach and health education at school by the teacher or the builders of the PMR in particular regarding iron intake of heme, non-heme and proteins with the levels of Hb.

Bibliography : 47 (1998-2017)

Key words : Intake of heme iron, non-heme iron, protein, hemoglobin levels