



**UNIVERSITAS ANDALAS**

**HUBUNGAN PENGETAHUAN TENTANG ANEMIA, DUKUNGAN SEKOLAH,  
DAN ASUPAN ZAT GIZI DENGAN KEJADIAN ANEMIA REMAJA PUTRI  
DI SMK NEGERI 3 PADANG TAHUN 2017**

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**RAHMI HAYATI ISMAN, No.BP.1311212031**

**HUBUNGAN PENGETAHUAN TENTANG ANEMIA, DUKUNGAN SEKOLAH DAN  
ASUPAN ZAT GIZI DENGAN KEJADIAN ANEMIA REMAJA DI SMK NEGERI 3  
PADANG TAHUN 2017**

xiii + 79 halaman, 22 tabel, 2 gambar, 8 lampiran

**ABSTRAK**

**Tujuan**

Anemia merupakan salah satu masalah gizi yang perlu mendapat perhatian khusus. Remaja putri termasuk golongan yang rawan menderita anemia karena sedang dalam masa pertumbuhan. Penelitian untuk mengetahui hubungan pengetahuan tentang anemia, dukungan sekolah, dan asupan zat gizi dengan kejadian anemia remaja di SMK Negeri 3 Padang tahun 2017

**Metode**

Jenis penelitian adalah Cross Sectional Komparatif. Sampel sebanyak 94 siswi yang terbagi dari kelas X, XI dan XII. Sampel dibagi menjadi dua kelompok yaitu kelompok anemia dan tidak anemia. Teknik pengambilan sampel *Multistage Sampling*. Data Hb siswi dengan Hb digital *easy-touch GCHb*. Data asupan zat gizi diperoleh dari wawancara *food recall* 2x24 jam. Data tingkat pengetahuan dan dukungan sekolah dari angket penelitian. Data dianalisis secara univariate dan bivariat dengan uji *Chi-square* dan Uji T Independent .

**Hasil**

Hasil penelitian menunjukkan sebagian besar subjek memiliki tingkat kecukupan zat besi, vitamin A, vitamin C dan zink di bawah Angka Kecukupan Gizi baik kelompok anemia maupun tidak anemia. Hanya protein yang melebihi angka kecukupan gizi. Sebesar 52,1% subjek memiliki tingkat pengetahuan tentang anemia yang rendah dan 58,5% menilai dukungan sekolah kurang. Hasil uji T independent menunjukkan bahwa zat besi (p-value:0,000), protein (p-value:0,000), dan zink(p-value:0,000) berhubungan dengan kejadian anemia remaja putri. Sedangkan pengetahuan tentang anemia, dukungan sekolah, vitamin A, vitamin C dan tanin ditemukan tidak berhubungan dengan kejadian anemia remaja.

**Kesimpulan**

Asupan zat gizi memegang peran penting dalam pencegahan anemia. Diharapkan kepada remaja putri agar dapat mengonsumsi makanan dengan gizi yang seimbang dan meningkatkan konsumsi makanan sumber zat besi. Disarankan juga kepada orang tua dan sekolah untuk mengawasi konsumsi jajanan tidak sehat pada remaja putri.

**Daftar Pustaka** : 44 (2002 - 2017)

**Kata Kunci** : Anemia, pengetahuan tentang anemia, asupan zat gizi , remaja putri, kadar hemoglobin.

**FACULTY OF PUBLIC HEALTH  
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**RAHMI HAYATI ISMAN, No. BP. 1311212031**

**RELATIONSHIP BETWEEN KNOWLEDGE ABOUT ANEMIA, SCHOOL SUPPORT, AND NUTRITION INTAKE WITH ANEMIA INCIDENCE AMONG ADOLESCENT GIRLS IN SMKN 3 PADANG 2017**

xiii + 79 pages, 22 tables, 2 images, 8 appendices

**ABSTRACT**

**Objective**

Anemia is one of nutrition problems, which needs to be highly concerned. Adolescent girls are included to a group which is susceptible to anemia because of their growth. This study is aimed to identify the relationship between knowledge about anemia, school support and nutrition intake with anemia which occurs among adolescent girls in SMKN 3 Padang.

**Method**

The design of this study was cross sectional. The amount of the samples were 94 from grade X, XI, and XII. The samples are separated into to 2 groups, anemia group and non-anemia group. Multistage sampling technique The data of haemoglobin concentration were measured by using haemoglobin digital *easy-touch GCHb*. The data of nutrition intake were obtained from *food recall 2x24 hours*. The data of knowledge and school support are from questionnaires. Data were analyzed by univariate and bivariate with Chi-square test and T Independent Test.

**Result**

The result showed that more of subjects have low level intake of iron, vitamin A, vitamin C and zinc in anemia group and non anemia group. Only protein has above the sufficiency number for anemia and non anemia group. 52,1% samples were had low knowledge about anemia and 58,5% samples rate the school was lack of support . Independent T test result showed that iron (p-value:0,000), protein (p-value:0,000), and zinc (p-value:0,000) have significant relationship with anemia incidence among adolescent girls. Meanwhile knowlodge level of anemia, school support, vitamin A, vitamin C and tanin were unrelated with anemia incidence among adolescent girls.

**Conclusion**

Nutrition intake have an important effect to prevent anemia. Suggest to adolescent girls to increase nutrition intake specially for iron Suggest too to their parents and teacher controll an monitoring their food habits.

**References** : 44 (2002 - 2017)

**Keyword** : Anemia, knowledge about anemia, nutrition intake, adolescent girls, haemoglobin level.