



UNIVERSITAS ANDALAS

HUBUNGAN ASUPAN FE, VITAMIN C, PROTEIN DAN
KEBIASAAN MINUM TEH TERHADAP KEJADIAN
ANEMIA REMAJA PUTRI KELAS X DAN XI
DI SMK NUSATAMA PADANG

TAHUN 2018

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PROGRAM STUDI ILMU KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN MASYARAKAT
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**FAKULTAS KESEHATAN MASYARAKAT
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x + 71 halaman, 23 tabel, 2 gambar, 11 lampiran

ABSTRAK

Tujuan

Anemia remaja putri menurut data Riskesdas mengalami peningkatan dari tahun 2007 ke tahun 2013 sebanyak 7 %. Anemia berdampak terhadap penurunan kualitas sumber daya manusia. Penelitian ini bertujuan untuk mengetahui hubungan asupan Fe, vitamin C, protein dan kebiasaan minum teh terhadap kejadian anemia remaja putri kelas X dan XI di SMK Nusatama Padang Tahun 2018.

Metode

Penelitian *cross sectional* dilakukan terhadap 76 responden di SMK Nusatama pada bulan April sampai juli 2018. Pengumpulan data kadar Hb menggunakan alat *Easy Touch GCHB* dan pengumpulan data asupan Fe, vitamin C, Protein dan kebiasaan minum teh dilakukan dengan metode *Semi Quantitative food frequency questionnaire (SQ-FFQ)*. Analisis data untuk melihat hubungan antara asupan Fe, vitamin C, protein dan kebiasaan minum teh menggunakan uji *Chi-square* dengan uji kemaknaan ($\alpha=0,05$)

Hasil

Berdasarkan hasil penelitian didapatkan responden yang anemia sebanyak 38,2% asupan Fe kurang sebanyak 71,1%, vitamin C kurang sebanyak 52,6%, asupan protein cukup sebanyak 75% dan kebiasaan minum teh dengan frekuensi jarang sebanyak 52,6%). Ada hubungan yang bermakna antara asupan Fe ($p=0,011$), asupan vitamin C ($p=0,045$) dan asupan protein ($p=0,001$) dengan kejadian anemia tapi tidak ada hubungan yang bermakna antara kebiasaan minum teh ($p=0,91$) dengan kejadian anemia.

Kesimpulan

Lebih dari sepertiga remaja putri mengalami anemia yang berkaitan dengan kurangnya asupan Fe, vitamin C dan protein pada remaja putri. Untuk itu disarankan kepada remaja putri banyak mengkonsumsi makanan bergizi terutama yang mengandung sumber protein dengan zat besi tinggi dan meningkatkan asupan vitamin C.

Daftar Pustaka : 100 (1989-2017)

Kata Kunci : anemia, asupan Fe, asupan Vitamin C, asupan protein, kebiasaan minum teh.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduated Thesis, June 2018

NANDA FADHILLAH, No. BP. 1411211012

**THE RELATION BETWEEN FE, VITAMIN C, PROTEIN INTAKE AND
TEA DRINKING HABIT TO ANEMIA OCCURRENCE ON FEMALE
TEENAGER OF CLASS X AND XI IN SMK NUSATAMA PADANG YEAR
2018**

x + 71 pages, 23 tables, 2 pictures, 11 attachments

ABSTRACT

Objective

Anemia on female teenager, based on Riskesdas data, is increasing 7% from 2007 to 2013. Anemia has effects to human resource quality declination. This research aims to know the relation between Fe, vitamin C, protein intake and tea drinking habit to anemia occurrence on female teenager of class X and class XI in SMK Nusatama Padang on year 2018.

Methods

The cross-sectional research is done to 76 respondents in SMK Nusatama on April until july 2018. The collection of Hb level data is done by using Easy Touch GCHB and collection of Fe, vitamin C, protein intake and tea drinking habit data is done by using Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) method. The data analysis to see the relation between Fe, vitamin C, protein intake and tea drinking habit is done by using Chi-square with meaning test ($\alpha=0.05$).

Result

Based on result of the research, there are 38.2% respondents whose have anemia, 71.1% have lack of Fe intake, 52.6% have lack of vitamin C intake, 75% have proper protein intake, and 52.6% have tea drinking habit with rare frequency. There is meaningful relation between Fe intake ($p=0.011$), vitamin C intake ($p=0.045$) and protein intake ($p=0.001$) to anemia occurrences but there is no meaningful relation between tea drinking habit ($p=0.91$) to anemia occurrences.

Conclusion

There are more than a third of female teenager have anemia that related to lack of Fe, vitamin C and protein intake. So, we suggest female teenager to consume more nutritious food especially food with protein resources and high iron and increase vitamin C consumption.

References : 100 (1989-2017)

Key Words : anemia, Fe intake, Vitamin C intake, protein intake, tea drinking habit.