



UNIVERSITAS ANDALAS

UNIVERSITAS ANDALAS

**HUBUNGAN ASUPAN VITAMIN C, ASUPAN TABLET Fe DAN
SIKLUS MENSTRUASI DENGAN KADAR *HEMOGLOBIN*
REMAJA PUTRI DI SMA NEGERI 2 SIJUNJUNG
KABUPATEN SIJUNJUNG
TAHUN 2017**

Oleh :

EENG HEINIE FOIR CILA

No. BP. 1511226005

Pembimbing I : Dr. Denas Symond, MCN

Pembimbing II : dr. Desmawati, M.Gizi

Sebagai Pemenuhan Syarat Untuk M

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2018

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

Skripsi, Juli 2018

EENG HEINIE FOIR CILA, No.BP.1511226005

**HUBUNGAN ASUPAN VITAMIN C, ASUPAN TABLET Fe DAN SIKLUS
MENSTRUASI DENGAN KADAR *HEMOGLOBIN* REMAJA PUTRI DI
SMA NEGERI 2 SIJUNJUNG KABUPATEN SIJUNJUNG TAHUN 2017**

ix + 63 halaman, 10 tabel, 4 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

Kadar Hemoglobin (Hb) pada remaja putri di pengaruhi oleh banyak faktor diantaranya asupan vitamin C, asupan tablet Fe, dan siklus menstruasi responden. SMAN 2 merupakan salah satu SMA Negeri Favorit di Kabupaten Sijunjung, berdasarkan penelitian pendahuluan didapat 80 % responden dengan kadar Hb di bawah nilai normal. Penelitian ini bertujuan untuk mengetahui hubungan asupan vitamin C, asupan tablet Fe dan siklus menstruasi dengan Kadar Hemoglobin pada remaja putri SMA Negeri 2 Sijunjung Kabupaten Sijunjung Tahun 2017.

Metode

Penelitian dilaksanakan pada bulan mei 2017 menggunakan desain *cross sectional study*. Populasi dari penelitian adalah semua remaja putri kelas X dan XI di SMAN 2 Sijunjung dengan sampel sebanyak 61 orang diambil secara *simple random sampling*. Analisis data dilakukan secara univariat dan untuk analisis bivariat dengan uji *Spearman's rho* dan *chi-square*.

Hasil

Nilai rerata kadar Hb adalah 11,0 gr/dl dan asupan vitamin C 149 mg. Remaja putri yang mengkonsumsi tablet Fe sebanyak 29,5 % dan 78,7 % remaja putri memiliki siklus menstruasi normal. Terdapat hubungan bermakna antara asupan vitamin C (*p-value* = 0,036) dan asupan tablet Fe dengan kadar Hb (*p-value* = 0,02) serta tidak terdapat hubungan yang bermakna antara siklus menstruasi dengan kadar Hb remaja putri didapat *p-value* > 0,05.

Kesimpulan

Disimpulkan bahwa terdapat hubungan bermakna antara asupan vitamin C, asupan tablet Fe, dengan kadar Hb dan hubungan tidak bermakna antara siklus menstruasi dengan kadar Hb. Disarankan perlunya peningkatan konsumsi vitamin C dan pengawasan konsumsi tablet Fe serta penyuluhan kesehatan terkait anemia di sekolah oleh guru dan pembina Usaha Kesehatan Sekolah (UKS).

Daftar Pustaka : 37 (2002 - 2016)

Kata Kunci : Asupan Vitamin C, Tablet Fe, Siklus Menstruasi, Kadar Hemoglobin

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, July 2018

EENG HEINIE FOIR CILA, No.BP.1511226005

**RELATIONSHIP BETWEEN VITAMIN C, INTAKE OF Fe TABLET AND
MENSTRUAL CYCLE WITH HEMOGLOBIN LEVELS OF TEENAGE
GIRLS AT SMA NEGERI 2 SIJUNJUNG, SIJUNJUNG REGENCY 2017**

ix + 63 pages, 10 tables, 4 pictures , 11 attachment

ABSTRACT

Research Purpose

Hemoglobin (Hb) levels in teenage girls are influenced by many factors such as vitamin C intake, intake of Fe tablets, and menstrual cycle of respondents. SMAN 2 is one of the favorite State Senior High School in Sijunjung Regency, based on preliminary research, obtained 80 % respondents were below normal Hb value. This study aims to determine the relationship between vitamin C intake, intake of Fe tablet and menstrual cycle with hemoglobin level in teenage girls at SMA Negeri 2 Sijunjung, Sijunjung Regency 2017.

Method

The research was conducted in May 2017 using *cross sectional study* design. The population of the study were all girls of class X and XI at SMAN 2 Sijunjung with sample of 61 people taken by simple random sampling. Data analysis techniques were carried out in univariate and bivariate with *Spearman's rho* test and *chi-square* test.

Result

The mean value of Hb level was 11.0 gr/dl, vitamin C intake was 149 mg. Teenage girls who consumed Fe tablets were 29.5% and 78.7% of girls had a normal menstrual cycle. There was significant relationship between vitamin C intake (p-value = 0,036) and intake of Fe tablet with Hb level (p-value = 0,02) and there was no significant relationship between menstrual cycle with teenage girls with Hb level obtained p-value > 0,05.

Conclusion

It is concluded that there is a relationship between vitamin C intake, intake of Fe tablets, with Hb level and the insignificant relationship between menstrual cycle and Hb level. It is recommended to increase the consumption of vitamin C and the consumption of Fe tablets as well as health counseling related to anemia at schools by teachers and nurturer of student health units.

Reference : 37 (2002 - 2016)

Keywords : Intake of Vitamin C, Fe Tablet, Menstrual Cycle, Hemoglobin Level