



UNIVERSITAS ANDALAS

**HUBUNGAN DUKUNGAN SEKOLAH, ASUPAN ZAT BESI,
DAN PROTEIN DENGAN KEJADIAN ANEMIA**

**PADA REMAJA PUTRI DI SMAN 1
PAYAKUMBUH TAHUN 2017
(ANALISIS DATA SEKUNDER)**

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FAKULTAS KESEHATAN MASYARAKAT

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DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMAN 1
PAYAKUMBUH TAHUN 2017 (ANALISIS DATA SEKUNDER)**

vii + 60 halaman, 16 tabel, 5 gambar, 6 lampiran

ABSTRAK

Tujuan Penelitian

Anemia merupakan 10 masalah kesehatan terbesar di abad modern ini, dimana data WHO menunjukkan sebesar 1.62 miliar penduduk dunia menderita anemia. Kasus anemia di Indonesia berdasarkan data Riskesdas 2013 berada pada angka prevalensi 21.7%. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sekolah, asupan zat besi dan asupan protein dengan kejadian anemia pada remaja putri di SMAN 1 Payakumbuh.

Metode

Penelitian ini menggunakan desain *cross sectional*. Sampel dalam penelitian ini adalah data remaja putri kelas X dan XI yang dipilih secara *random* sebanyak 80 orang. Penelitian ini menggunakan analisis data sekunder yaitu data dukungan sekolah, data asupan zat besi, data asupan protein serta data kejadian anemia dari penelitian kerjasama FKM Unand dengan Kementerian Kesehatan tahun 2017. Analisa hubungan dukungan sekolah, asupan zat besi dan protein terhadap kejadian anemia menggunakan uji chi-square dengan derajat kepercayaan 95% ($\alpha < 0.05$).

Hasil

Analisa univariat menunjukkan sebesar 23.8% remaja putri di SMAN 1 payakumbuh mengalami anemia, 40% menyatakan dukungan sekolah rendah terkait anemia, 53.8% memiliki asupan protein kurang, dan 48.8% memiliki asupan zat besi kurang. Analisa bivariat menunjukkan bahwa dukungan sekolah tidak berhubungan dengan kejadian anemia, sedangkan asupan zat besi memiliki risiko 4.03 kali (OR = 4.032; 95% CI; 1.2-11.6) dan asupan protein memiliki risiko 6.71 kali (OR = 6.716; 95% CI; 1.7-25.4) untuk kejadian anemia.

Kesimpulan

Tidak ada hubungan yang bermakna antara dukungan sekolah dengan anemia. Namun terdapat hubungan yang bermakna antara asupan zat besi dengan anemia dan asupan protein dengan anemia. Untuk itu, disarankan kepada setiap remaja putri untuk memperhatikan asupan protein dan zat besi dalam mencegah kejadian anemia.

Daftar Pustaka : 48 (1983-2017)

Kata Kunci : Anemia, protein, remaja putri, zat besi

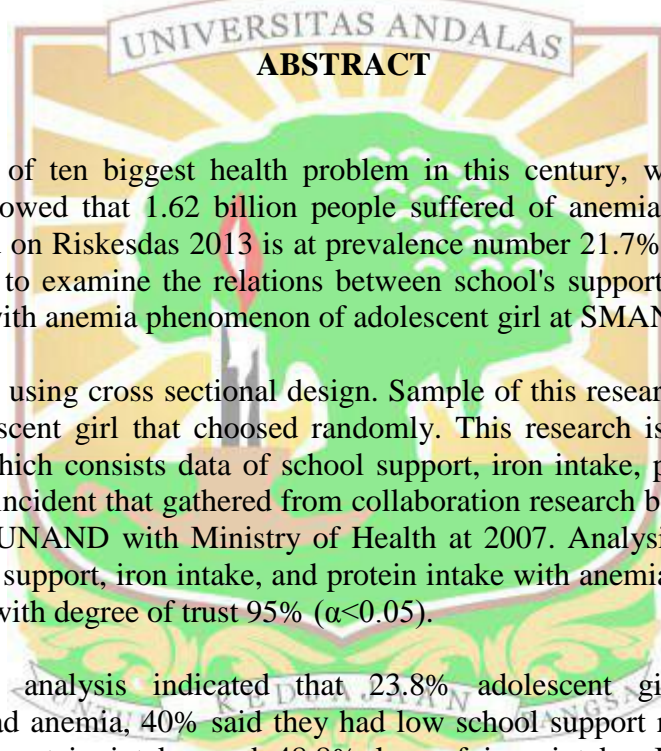
**FACULTY OF PUBLIC HEALTH
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Undergraduate Thesis, July 2018

RIKI OKTA HENDRI, No. BP. 1411222032

**THE RELATIONS BETWEEN SCHOOL SUPPORTS, IRON INTAKE, AND
PROTEIN INTAKE WITH ANEMIA PHENOMENON ON ADOLESCENT
GIRL IN SMAN 1 PAYAKUMBUH IN 2017 (SECONDARY DATA
ANALYSIS)**

vii + 60 pages, 16 tables, 5 pictures, 6 attachment



Objective

Anemia is one of ten biggest health problem in this century, which is based on WHO's data showed that 1.62 billion people suffered of anemia. Anemia case in Indonesia based on Riskesdas 2013 is at prevalence number 21.7%. The objective of this research is to examine the relations between school's support, iron intake, and protein intake with anemia phenomenon of adolescent girl at SMAN 1 Payakumbuh.

Methods

This research is using cross sectional design. Sample of this research is 80 of X and XI grade adolescent girl that choosed randomly. This research is using secondary data analysis which consists data of school support, iron intake, protein intake and data of anemia incident that gathered from collaboration research between Faculty of Public Health, UNAND with Ministry of Health at 2007. Analysis of the relations between school support, iron intake, and protein intake with anemia incident is using chi-square test with degree of trust 95% ($\alpha < 0.05$).

Result

The univariate analysis indicated that 23.8% adolescent girl in SMAN 1 Payakumbuh had anemia, 40% said they had low school support related to anemia, 53.8% less of protein intake, and 48.8% less of iron intake. Bivariate analysis showed school support was not related to the incidence of anemia, whereas iron intake had risk 4.03 times (OR = 4.032; 95% CI; 1.2-11.6) and protein intake had risk 6.71 times (OR = 6.716; 95% CI; 1.7-25.4) for the incidence of anemia.

Conclusion

There is no significant association between school support and anemia. However there is a significant association between iron intake with anemia and protein intake with anemia. Therefore, we suggest to every adolescent girl to consume protein and iron in preventing the incidence of anemia.

References : 48 (1983-2017)

Keyword : Adolescent girl, anemia, iron, protein