



UNIVERSITAS ANDALAS

**HUBUNGAN KONSUMSI PANGAN *INHIBITOR* DAN *ENHANCER* FE,
PENGETAHUAN, DAN KEPATUHAN MENGONSUMSI TABLET
TAMBAH DARAH TERHADAP STATUS ANEMIA PADA REMAJA
PUTRI DI SMKN 9 KOTA PADANG**

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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2025

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Skripsi, Agustus 2025

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PENGETAHUAN, DAN KEPATUHAN MENGONSUMSI TABLET TAMBAH
DARAH TERHADAP STATUS ANEMIA PADA REMAJA PUTRI DI SMKN 9
KOTA PADANG**

xii + 79 halaman, 12 tabel, 3 gambar, 14 lampiran

ABSTRAK

Tujuan

Mengetahui hubungan konsumsi pangan *inhibitor* dan *enhancer* zat gizi besi, pengetahuan, dan kepatuhan mengonsumsi tablet tambah darah terhadap status anemia pada remaja putri kelas X di SMKN 9 Kota Padang.

Metode

Penelitian ini menggunakan desain *cross sectional*. Penelitian ini dilakukan di SMKN 9 Kota Padang. Jumlah sampel dalam penelitian ini sebanyak 86 siswi dengan menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan dengan wawancara kuesioner SQ-FFQ, kuesioner pengetahuan anemia, kuesioner kepatuhan mengonsumsi tablet tambah darah dan pemeriksaan kadar hemoglobin. Analisis data menggunakan uji *Chi-Square*.

Hasil

Hasil penelitian ini menunjukkan siswi yang mengalami anemia sebesar 72,1%, kebiasaan mengonsumsi pangan *inhibitor* Fe sebesar 57%, kebiasaan mengonsumsi *enhancer* Fe sebesar 62,8%, tingkat pengetahuan kurang sebesar 51,2% dan kepatuhan dalam mengonsumsi tablet tambah darah sebesar 68,6%. Terdapat hubungan yang signifikan antara mengonsumsi *inhibitor* Fe ($p\text{-value} = 0,001$) dan kepatuhan mengonsumsi tablet tambah darah ($p\text{-value} = 0,001$) dengan kejadian anemia. Tidak terdapat hubungan antara konsumsi *enhancer* Fe ($p\text{-value} = 0,14$) dan tingkat pengetahuan ($p\text{-value} = 0,339$) terhadap kejadian anemia.

Kesimpulan

Terdapat hubungan antara mengonsumsi pangan *inhibitor* Fe dan kepatuhan mengonsumsi tablet tambah darah terhadap kejadian anemia remaja putri di SMKN 9 Kota Padang. Tidak terdapat hubungan antara mengonsumsi pangan *enhancer* Fe dan tingkat pengetahuan terhadap kejadian anemia remaja putri di SMKN 9 Kota Padang.

Daftar Pustaka

: 61 (1998-2025)

Kata Kunci

: Anemia, *Enhancer* Fe, *Inhibitor* Fe, Konsumsi Tablet Tambah Darah, Pengetahuan

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN CONSUMPTION OF IRON INHIBITOR AND
ENHANCER FOODS, KNOWLEDGE, AND COMPLIANCE WITH IRON
SUPPLEMENT INTAKE ON ANEMIA STATUS AMONG FEMALE STUDENTS
AT SMKN 9 PADANG CITY**

xii + 79 pages, 12 tables, 3 figures, 14 appendices

ABSTRACT

Objective

To determine the relationship between the consumption of iron-inhibiting and iron enhancing foods, knowledge, and adherence to iron supplement tablets on anemia status among female students in grade X at SMKN 9 Padang City.

Methods

This study used a cross-sectional design. The study was conducted at SMKN 9 Padang City. The sample size was 86 female students, selected using purposive sampling. Data collection was conducted using the SQ-FFQ questionnaire, an anemia knowledge questionnaire, an iron supplement tablet adherence questionnaire, and hemoglobin level examinations. Data analysis was performed using the Chi-Square test.

Results

The results of this study showed that 72.1% of female students experienced anemia, 57% had the habit of consuming iron-inhibiting foods, 62.8% had the habit of consuming iron-enhancing foods, 51.2% had low knowledge levels, and 68.6% were compliant in taking iron supplements. There was a significant association between iron inhibitor consumption (p -value = 0.001) and adherence to iron supplement tablets (p -value = 0.001) with the occurrence of anemia. There was no association between iron enhancer consumption (p -value = 0.14) and knowledge level (p -value = 0.339) with the occurrence of anemia.

Conclusion

There is a relationship between the consumption of iron-inhibiting foods and adherence to iron supplement tablets with the incidence of anemia among female adolescents at SMKN 9 Padang City. There is no relationship between the consumption of iron-enhancing foods and knowledge levels with the incidence of anemia among female adolescents at SMKN 9 Padang City.

References

: 61 (1998-2025)

Keywords

: Anemia, Iron Enhancers, Iron Inhibitors, Iron Supplement Tablet Consumption, Knowledge