

## Faktor-faktor yang berhubungan dengan kadar hemoglobin pada siswi SMAN 1 Cimanggung Kabupaten Sumedang tahun 2015 = Factors associated with hemoglobin levels of female students in Senior High School 1 Cimanggung Sumedang Regency in 2015

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### Abstrak

Penelitian ini bertujuan untuk memperoleh gambaran rata-rata kadar Hb, prevalensi anemia, dan faktor-faktor yang berhubungan dengan kadar hemoglobin. Desain penelitian adalah cross sectional, pengambilan sampel menggunakan metode proporsional random sampling, dan total sampel sebanyak 158 siswi. Kadar Hb diukur menggunakan alat Spectrophotometer, dengan metode Cyanmethemoglobin. Analisis data meliputi analisis univariat, bivariat, dan multivariat.

Hasil penelitian menunjukkan rata-rata kadar Hb  $12,9 \pm 1,1$  g/dl, (95% CI: 12,7-13,0 g/dl) dan prevalensi anemia 16,5%. Lama haid merupakan faktor dominan yang berhubungan dengan kadar hemoglobin. Upaya pencegahan anemia dapat dilakukan dengan minum suplemen tablet tambah darah sesuai anjuran, menjaga asupan zat gizi sesuai kebutuhan, dan memperhatikan kombinasi makanan supaya dapat meningkatkan penyerapan zat besi.

.....This study aimed to obtain the description of average hemoglobin levels, anemia prevalence, and the factors associated with hemoglobin levels. The study design was cross sectional, the sampling done with proportional random sampling method, and the total sample are 158 female students. Hemoglobin levels were measured using a spectrophotometer by Cyanmethemoglobin method. Data analysis included univariate, bivariate, and multivariate analysis.

The results showed the average hemoglobin level was  $12.9 \pm 1.1$  g/dl (95% CI: 12.7 to 13.0 g/dl) and the prevalence of anemia was 16.5%. Duration of menstruation is a dominant factor associated with hemoglobin levels. Anemia prevention can be pursued by taking iron supplement tablet as recommended, keeping the intake of nutrients as needed, and pay attention to the combination of foods that can increase iron absorption.