

Faktor-faktor yang berhubungan dengan kejadian anemia gizi remaja putri SMU di Kabupaten Bandung = Factors relating to the incidence of nutritional anemia among high school female adolescence in the Regency of Bandung

Sri Basuki Dwi Lestari, author

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Abstrak

Anemia gizi merupakan salah satu masalah gizi utama di Indonesia yang harus ditanggulangi secara serius. Terjadinya anemia gizi biasanya disebabkan karena jumlah zat besi yang dikonsumsi tidak sesuai dengan jumlah yang dibutuhkan. Di samping itu berbagai faktor juga dapat mempengaruhi terjadinya anemia gizi antara lain kebiasaan makan, kurangnya konsumsi zat gizi lain misalnya vitamin A, vitamin C, protein, infeksi, sanitasi lingkungan, investasi cacing, dan sosial ekonomi. Konsekuensi yang timbul akibat terjadinya anemia gizi adalah produktivitas rendah, terhambatnya perkembangan mental dan kecerdasan, menurunnya kekebalan terhadap penyakit infeksi, morbiditas dll.

Prevalensi anemia gizi remaja putri berdasarkan beberapa hasil penelitian ternyata cukup tinggi, sementara upaya penanggulangan anemia belum mengarah kepada sasaran remaja ini.

Penelitian ini merupakan suatu studi analisis yang menggunakan data sekunder dari Pusat Penelitian dan Pengembangan Gizi, Departemen Kesehatan RI. Jenis penelitian ini termasuk penelitian observasional tipe potong lintang. Tujuan penelitian ini adalah untuk mempelajari faktor-faktor yang berhubungan dengan kejadian anemia gizi remaja putri. Variabel dependen penelitian ini adalah status anemia remaja putri, sedangkan variabel independen meliputi investasi cacing, tingkat konsumsi energi, protein, vitamin A, vitamin C dan zat besi, status Cu, pendidikan ayah, pendidikan ibu, dan kebiasaan minum teh. Analisa data meliputi univariat dengan distribusi frekuensi, bivariat dengan uji kai kuadrat, dan multivariat dengan regresi logistik.

Hasil penelitian menunjukkan bahwa prevalensi anemia gizi remaja putri sebesar 41.54 %, Disamping itu variabel yang berhubungan bernakna secara statistik ($p < 0.05$) dengan kejadian anemia gizi remaja putri adalah variabel investasi cacing, tingkat konsumsi energi, protein, dan vitamin C. Dan variabel yang paling berhubungan secara bersama-sama terhadap kejadian anemia gizi adalah variabel tingkat konsumsi vitamin C ($p < 0.0383$, OR = 2.71, CI 95 % = 1.76614 - 3.65i 66).

Berdasarkan hasil penelitian yang diperoleh, disarankan agar penangguulangan anemia gizi pada remaja putri sudah harus mulai diprioritaskan sehingga perlu adanya program khusus penanggulangan anemia gizi pada remaja putri ini. Disarankan pula dilaksanakannya penyuluhan kepada ibu-ibu mengenai pengetahuan tentang anemia sebab dan akibatnya serta perlunya makanan seimbang kepada remaja putri. Disamping itu perlu adanya penelitian lain mengenai anemia gizi remaja putri sehingga informasi yang didapat bisa saling melengkapi.

<hr><i>Nutritional anemia is one of the major nutritional problems in Indonesia that must be seriously

tackled. Nutritional anemia normally occurs when the amount of the iron consumed does not equal to the requirements. Besides, several other factors also contribute to the incidence of nutritional anemia such as, among other things, eating habits, lack of consumption of other nutrients including vitamins A and C, a lack of protein, infection, environmental sanitation, worms infestation, social economic conditions, etc. The consequences arising from nutritional anemia include low productivity, disturbance in mental and intelligence development, decreasing immunity against infectious diseases, morbidity, etc.

According to the results of the research, the prevalence of nutritional anemia among female adolescence is relatively high, whereas the efforts taken to combat anemia have not been directed to' this specific target population.

This research is an analytical study using secondary data from Nutritional Research and Development Centre, Department of Health of the Republic of Indonesia. This is an observational research of a cross-sectional type. The objective of the research is to study the factors relating to the incidence of the nutritional anemia among female adolescence. The dependent variable of the research is the status of anemia among female adolescence, while the independent variables include worms investment, the level of energy, protein, vitamin A, vitamin C and iron consumptions, the status of Cu, educational background of the girls' parents and the habits of tea drinking. Analysis of the data is carried out using univariate method by frequency distribution, bivariate method by chi square test, and multivariate method by logistical regression.

The results of the research have demonstrated that the prevalence of nutritional anemia among female adolescence reaches as high as 41.54 %. In addition, the variables having statistically significant relationship ($p < 0.05$) with the incidence of nutritional anemia among female adolescence include the investment of worms, and the level of energy, protein, and vitamin C consumptions. And the variable having the closest bearing to the incidence of nutritional anemia is the level of vitamin C consumption ($p = 0.0383$, OR = 2.71, 95 % CI = 1.76614 - 3.65166).

Based on the results of the research, it is recommended that the handling of nutritional anemia among female adolescence should be prioritized by commencing a special improvement program. Another recommendation is given for the implementation of guidance and education campaign to the mothers on the causes and consequences of anaemia, and the need of providing a balanced diet for their daughters. Further researches and studies on nutritional anemia among female adolescence are deemed necessary, so that all the information obtained will complement each other.