Determinan Asupan Zat Besi pada Remaja Putri di SMAN 34 Jakarta Analisis Data Sekunder 2020 = Determining Factors of the Iron Intake Among Female Adolescents in SMAN 34 Jakarta (Secondary Data Analysis 2020)

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Abstrak

Zat besi adalah salah satu mikronutrien penting dalam tumbuh kembang. Kekurangan asupan zat besi sering terjadi di kalangan remaja, hal ini dapat menyebabkan berbagai dampak, salah satunya anemia defisiensi besi. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan asupan zat besi pada remaja putri. Desain penelitian adalah cross sectional dengan menggunakan data sekunder pada 106 Siswi SMAN 34 Jakarta kelas X dan XI. Variabel dependen dalam penelitian ini adalah asupan zat besi dan variabel independen adalah pengetahuan gizi terkait anemia, frekuensi konsumsi makan utama, konsumsi lauk hewani, konsumsi lauk nabati, konsumsi sayur, konsumsi buah, uang saku, pendidikan ibu, dan pendidikan ayah. Data dianalisis secara bivariat menggunakan uji Mann-Whitney. Hasil menunjukkan rata-rata asupan zat besi siswi SMAN 34 Jakarta sebesar 5.64±2.99 mg/hari. Analisis bivariat menunjukkan terdapat perbedaan asupan zat besi yang signifikan berdasarkan frekuensi makan utama, konsumsi lauk hewani, dan konsumsi lauk nabati. Frekuensi makan utama yang baik dan konsumsi lauk hewani serta nabati yang cukup akan meningkatkan asupan zat besi.

.....Iron is an important micronutrient for growth and development. Lack of iron intake often occurs among adolescents and it can causes various impacts, such as iron deficiency anemia. This study aims to determine the factors associated with iron intake among female adolescents. The research design was cross-sectional using secondary data on 106 students of SMAN 34 Jakarta (10th and 11th grade). The dependent variable in this study was iron intake and the independent variables were knowledge of nutrition and anemia, allowance, father's education, mother's education, main meal frequency, consumption of vegetables, consumption of fruit, consumption of animal side dishes, and consumption of vegetable side dishes. Data were analyzed bivariately using the Mann-Whitney test. The results showed that the average iron intake of SMAN 34 Jakarta students was 5.64±2.99 mg/day. Analysis showed that there were significant differences in iron intake based on the frequency of main meals, consumption of animal side dishes, and consumption of vegetable side dishes. A good frequency of main meals and adequate consumption of animal and vegetable side dishes will increase iron intake.