

**TINGKAT KONSUMSI ENERGI, PROTEIN DAN ZAT BESI
DAN HUBUNGANNYA DENGAN KADAR Hb
PADA SANTRI REMAJA PUTRI**

Artikel Penelitian

Disusun sebagai salah satu syarat untuk menyelesaikan studi
pada Program Studi S1 Ilmu Gizi Fakultas Kedokteran
Universitas Diponegoro



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2007

TINGKAT KONSUMSI ENERGI, PROTEIN DAN ZAT BESI, HUBUNGANNYA DENGAN KADAR HB

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Abstrak

Latar Belakang: Tingkat konsumsi makanan merupakan salah satu penentu status gizi seseorang, konsumsi energi, protein dan zat besi sangatlah berhubungan dengan kadar Hb. Penelitian ini bertujuan mendeskripsikan tingkat konsumsi energi, protein dan zat besi terhadap kadar Hb pada santri remaja putri di ponpes Aribathul Islami Saribaru Kaliwungu.

Metode: Penelitian ini dilakukan di Ponpes Aribathul Islami Saribaru kaliwungu pada bulan Januari 2007. Jenis penelitian *explanatory survey* dengan desain penelitian belah lintang. Sampel terdiri dari 53 santri remaja putri yang diambil secara acak sistimatis. Data yang dikumpulkan meliputi identitas sampel, berat badan, tingkat konsumsi energi, protein dan zat besi diperoleh melalui recall selama 3 x 24 jam. Data kadar Hb didapat melalui pemeriksaan laboratorium dengan metode cyanmethemoglobin. Data dianalisis dengan menggunakan uji korelasi *Pearson Product Moment*.

Hasil: Tingkat konsumsi Santri remaja putri rata-rata energi 71,4% AKG (SB : 17,6), protein 74, 2% AKG (SB : 19,9) dan zat besi 72,2% AKG (SB : 18,8). Terdapat 71,7% santri remaja putri dengan konsumsi energi dibawah AKG. 58,5% konsumsi protein dibawah AKG 71,7% konsumsi zat besi dibawah AKG. Rata-rata kadar Hb santri remaja putri 11,1 gr/dl (SB : 1,0). Ditemukan 83,9% santri remaja putri memiliki kadar Hb dibawah normal. Dibuktikan ada hubungan tingkat konsumsi energi dengan kadar Hb ($r = 0,529$ dan $P = 0,000$), tingkat konsumsi protein dengan kadar Hb ($r = 0,414$ dan $P = 0,002$) dan tingkat konsumsi zat besi dengan kadar Hb ($r = 0,280$ dan $P = 0,0042$). Analisis multivariat menunjukkan bahwa dari ketiga variabel, tingkat konsumsi energi memiliki hubungan yang paling kuat dengan kadar Hb.

Keyword: Remaja, Tingkat konsumsi energi, protein, zat besi, kadar Hb

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THE LEVEL OF ENERGY, PROTEIN, AND IRON INTAKE ASSOCIATION WITH LEVEL OF HB

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Abstract

Background : The level of food intake is the one of nutrition status indicators, energy, protein and iron were significant associated with Hb value. The aim of study was to describe the level of energy, protein, dan iron intake with Hb value on female adolocent boarders at moslem boarding school Aribathul Islami Saribaru Kaliwungu.

Method : The study was carried out at moslem boarding school Aribathul Islami Saribaru Kaliwungu in February 2007. The study was an axplanatory survey using cross sectional study. The subjects were 53 female adolocent boarders who were take by systematic random. The collected data were subject identity, weight, level of energy, protein, and iron intake by recall 3x24 hours. Data of Hb value were taken by laboratory examination with exanmethemoglobin. The data were analiized by correlation test pearson product moment.

Result .:The level of energy intake on female adolocent boarders had an average of 71,4% AKG (SB : 17,6), protein 74, 2% AKG (SB : 19,9) and iron 72,2% AKG (SB ; 18,8). There are 71,7% of female adolocent boarders with energy intake under AKG, 58,5% of protein intake under AKG, and 71,7% iron intake under AKG. The average of Hb in female adolocent boarders are 11,2 gr/dl (SB : 1,0). It was faound that 83,9% of female adolocent boarders had Hb value below average. It was proved that was a relation between energy intake with Hb value ($r = 0,529$ and $p = 0,000$), between protein intake with Hb value ($r = 0,414$ and $p = 0,002$) and between iron intake with Hb value ($r = 0,028$ and $p = 0,042$). Multivariat analysis shows taht the level of energy intake had the strongest assotiation of the three variables.

Keyword : adolocent, level of energy, protein, iron intake, Hb value.

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