

EFEK SUPLEMENTASI GIZI MIKRO DAN PENDIDIKAN GIZI TERHADAP KADAR HEMOGLOBIN DAN PRESTASI BELAJAR SISWI SLTA (studi pada Siswa SLTA Negeri Panawang dan SLTA Negeri Kawali Kabupaten Ciamis Tahun 2007).

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Remaja putri beresiko terkena anemia karena sedang dalam masa pertumbuhan dan mengalami haid setiap bulan. Suplementasi zat gizi mikro dan pendidikan gizi merupakan suatu upaya jangka pendek dan jangka panjang untuk pencegahan anemia gizi. Penelitian ini bertujuan mengetahui pengaruh pemberian zat gizi mikro dan pendidikan gizi terhadap perubahan kadar Hb dan prestasi belajar siswi Sekolah Lanjutan Tingkat Atas di SLTA Negeri Panawangan dan SLTA Negeri Kawali Kabupaten Ciamis. Jumlah sampel 50 orang, jenis penelitian *quasy eksperimental* rancangan penelitian *Pretest-posttest with control group design*, kelompok perlakuan diberi suplementasi zat besi 60 mg, asam folat 0,25 pg, vitamin B12 50 Mcg dan vitamin C 50 mg setiap minggu sertadiberi pendidikan gizi selama 8 minggu, kelompok kontrol diberi pendidikan gizi selama 8 minggu dan Pengambilan data pemeriksaan kadar Hb dan penilaian prestasi belajar siswi SLTA. Selisih rerata kadar Hb antara sebelum dan sesudah adalah  $0,94 \pm 0,48$  g% pada kelompok perlakuan dan  $0,23 \pm 0,19$  g% pada kelompok kontrol. Selisih rerata prestasi belajar responden  $1,58 \pm 0,43$  pada kelompok perlakuan dan pada kelompok kontrol  $1,16 \pm 0,03$ . Terjadi peningkatan kadar Hb lebih tinggi pada kelompok yang diberi suplementasi mikronutrien dan pendidikan ( $p=0,001$ ). Ada pengaruh pemberian suplementasi gizi mikro terhadap prestasi belajar ( $p=0,02$ ).

**Kata Kunci:** Pemberian Gizi Mikro, Pendidikan Gizi, Hemoglobin, Prestasi belajar, Siswi SLTA

*THE EFFECT OF MICRONUTRIEN SUPPLEMENTATION AND NUTRITION EDUCATION ON HEMOGLOBIN LEVEL AND STUDY PERFORMANCE OF SENIOR HIGH SCHOOL FEMALE STUDENTS (A Study in SMAN Panawangan and SMAN Kawali Kabupaten Ciamis 2007)*

*Adolescent girls has high risk of anemia as they are still growing and having menstruation. Micronutrient supplementation is one of the program to eradicate anemia, which has a short term effect, while nutrition education has a long term nutrition education on hemoglobin level and study performance of female students at Panawangan and Kawali Senior High School in Ciamis District. Fifty female student were included in this quasy experimental, pre test and post test with control groupn study design. The student were divided into two groups : experimental and control grops. The experimental group received micronutrient supplementation , i.e 60 mg iron, 0,25 pg folic acid, 50 pg vitamin B12 and 50 mg vitamin C once in a week and nutrition education for 8 weeks. The controlgroup only had nutrition education for week. Hemoglobin levels were measured by cyanmethemoglobin method and study performance were measured by*

Maths and Indonesian language test. After the supplementation, the hemoglobin levels were increased in both, i.e.  $0,94 \pm 0,48$  g% in the experimental group and  $0,23 \pm 0,19$  g% in the control group. The study performance were also increased in both group after the study. The increments of the study performance was  $1,58 \pm 0,043$  in the experimental group and  $1,16 \pm 0,03$  in the control group. The result showed that the increment of hemoglobin level in these two group were significantly different ( $p = 0,001$ ). It also shown that the increments in study performance in these two groups were significantly different ( $p = 0,02$ ).

*Keyword : Supplementation Mikro Nutrien, Nutrition Education, Hemoglobin level, Study Performance at Senior High School Students.*

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