

PERBEDAAN KADAR Hb DAN PRESTASI BELAJAR PADA REMAJA DI INSTITUSI
SEKOLAH PENGEMBANG DENGAN NON PENGEMBANG TTD MANDIRI DI
KABUPATEN PEMALANG

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Anemia masih merupakan salah satu masalah gizi yang prevalensinya paling tinggi dibandingkan dengan masalah kurang gizi lainnya. Terutama anemia pada remaja putri, berdasarkan baseline data SMP-FA 1998 ditemukan angka 57,4%. Angka ini lebih tinggi dari angka yang didapat SKRT 1995. Tingginya anemia pada remaja ini akan berdampak pada prestasi belajar siswi karena anemia pada remaja putri akan menyebabkan daya konsentrasi menurun sehingga akan mengakibatkan menurunnya prestasi belajar. Prestasi belajar dapat diwakili oleh mata pelajaran matematika yang mewakili kemampuan otak kanan dan mata pelajaran Bahasa Indonesia yang mewakili kemampuan otak kiri. Tujuan penelitian ini adalah mengetahui perbedaan status anemia dan prestasi belajar antara remaja di institusi sekolah pengembang dan non pengembang TTD mandiri.

Sejak tahun 2003 telah dikembangkan program tablet tambah darah mandiri di 25 sekolah pengembang dan diharapkan angka anemia di Kabupaten Pemalang dapat diturunkan. Penelitian ini termasuk jenis penelitian *observasional* dengan metode *cross sectional*. Sampel penelitian ini adalah 44 siswi SMA sekolah pengembang dan 42 siswi SMA sekolah non pengembang TTD mandiri. Hasil penelitian dengan menggunakan uji statistik *Independent t test* dengan $p = 0,05$ menunjukkan bahwa ada perbedaan yang bermakna kadar Hb dan prestasi belajar pada remaja di institusi sekolah pengembang dan non pengembang TTD mandiri. Rata-rata kadar Hb siswi SMA di sekolah pengembang TTD mandiri sebesar 12,25 gr%, rata-rata kadar Hb siswi SMA di sekolah non pengembang TTD mandiri sebesar 11,54gr%, rata-rata nilai mata pelajaran matematika dan Bahasa Indonesia siswi SMA di sekolah pengembang sebesar 55,95 dan rata-rata nilai mata pelajaran matematika dan Bahasa Indonesia siswi SMA di sekolah non pengembang TTD mandiri sebesar 51,14. Mengingat masih ada siswi yang menderita anemia 34,1% pada sekolah pengembang TTD mandiri, maka perlu dilakukan penyuluhan dan konseling kepada siswi agar tablet tambah darah benar-benar diminum sesuai dosis yang dianjurkan secara rutin, serta program TTD mandiri dapat dikembangkan pada semua sekolah di Kabupaten Pemalang sehingga prevalensi anemia di sekolah non pengembang TTD mandiri yang masih tinggi (69%) dapat diturunkan.

Kata Kunci: Kadar Hb, Prestasi Belajar, Sekolah Pengembang TTD mandiri, Kabupaten Pemalang

PEMALANG THE DIFFERENCE OF Hb VALUE AND TEENAGER'S LEARNING
ACHIEVEMENT IN INSTITUTIONS OF DEVELOPMENT SCHOOL AND NON
DEVELOPMENT SCHOOL ON THE INDEPENDENT BLOOD GAIN TABLET PROGRAM
IN PEMALANG REGENCY

Anemia is considered as one of the nutritional problems, which has the highest prevalence compared with any other nutrient deficiency problems. Anemia, especially, for female teenagers, according to the baseline data SMP-FA 1998 reaches 57,4%. This rate is higher than that of SKRT 1995. The high rate of anemia can cause the decrease of concentration thus in turn will also decrease their learning achievements. Learning achievement can be represented by mathematics with represent as ability of right brain and Indonesia language represents the ability of left brain. The objective of this research is to know the difference of anemia status and learning achievement schools of independent blood gain tablet program. Since 2003, the program of independent blood gain tablet has been developed in 25 schools and it is hoped that anemia rate in Pemalang regency can be decreased. The research is categorised into observational research, by implementing cross sectional method. The sample of the research is 44 female students from Development school and 42 female students from non Development School. The result of the research, by implementing independent t test with $p < 0,05$, shows that there is a significant difference on Hb value and learning achievement of teenagers in development school and non development school. The average of female students' Hb value in SMA of development school is 12,28gr%, and that of non development school is 11,54 gr%. The average of mathematics and Indonesian language scores of students in development school is 55,95 and that of in non development school is 51,14. This is to remember there is 34,1 % of students who are still suffered from anemia in development school, so there must be an education and counseling to them to drink the tablets in the right dosage regularly, and the program of independent blood improving tablet can be implemented in all school in Pemalang regency so that the prevalence of anemia in non development school, which is still high (69%), can be decreased.

Keyword: Hb value, Learning Achievement, The Independent Blood Gain Tablet, Development School, Pemalang Regency