CORRELATION BETWEEN IRON SUBSTANCE INTAKE AND ANEMIA STATUS OF YOUNG FEMALE STUDENT AT DORMITORY OF SMA IT ABU BAKAR YOGYAKARTA

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ABSTRACT

Background : Iron deficiency anemia is a type of anemia arises due to reduced supply of iron for the formation of red blood cells, because the iron reserves are empty so that the formation of hemoglobin is reduced In Indonesia, iron deficiency anemia is still a major nutritional problem. Based on RISKESDAS 2013, that the prevalence of anemia in Indonesia was 21.7% with anemia patients aged 5-14 years at 26.4% and 18.4% in patients aged 15-24.

Research Purpose : To identify the correlation between iron substance intake and Anemia Status of the young female student at dormitory of SMA IT Abu Bakar Yogyakarta.

Research Method : The research covers observation analytic with cross-sectional approach, there was 33 research samples of young female student, the amount of sample was decided by using *purposive sampling* method, and *Chi Square* method for statistical test analysis. Instrument for collecting data using *food record* form. The data analysis technique used in this research is univariate and bivariate analysis.

Research Result : Research results, indicated that there was no significant correlation between iron intake and anemia status of young female student (*p value 0,894).*

Conclusion : There is no correlation between iron intake and anemia status of young female student.

Keyword : anemia, iron, young female student

HUBUNGAN ANTARA ASUPAN ZAT BESI DENGAN STATUS ANEMIA REMAJA PUTRI DI ASRAMA SMA IT ABU BAKAR YOGYAKARTA

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ABSTRAK

Latar Belakang : Anemia gizi besi adalah anemia yang timbul akibat berkurangnya penyediaan besi untuk proses pembentukan sel darah merah, karena cadangan zat besi kosong sehingga pembentukan hemoglobin berkurang Di Indonesia, anemia defisiensi besi masih merupakan masalah gizi utama. Data RISKESDAS 2013 menyatakan prevalensi anemia di Indonesia yaitu 21,7% dengan penderita anemia berusia 5-14 tahun sebesar 26,4% dan 18,4% pada penderita berusia 15-24 tahun.

Tujuan Penelitian : Mengetahui Hubungan Antara Asupan Zat Besi dengan Status Anemia Remaja Putri di Asrama SMA IT Abu Bakar Yogyakarta.

Metode Penelitian : Penelitian ini termasuk penelitian analitik observasional dengan pendekatan *cross-sectional,* sampel penelitian berjumlah 33 remaja putri, penentuan jumlah sampel dilakukan dengan cara *purposive sampling* dan analisis uji statistic yang digunakan adalah *Chi Square.* Instrumen pengumpulan data dengan menggunakan formulir *food record.* Teknik analisa data yang digunakan penelitian adalah analisis univariat dan bivariat.

Hasil Penelitian : Dari hasil penelitian menunjukkan tidak ada hubungan yang bermakna antara asupan zat besi dengan status anemia remaja (*p value 0,894).*

Kesimpulan : Tidak ada hubungan antara asupan zat besi dengan status anemia remaja putri.

Kata Kunci : anemia, zat besi, remaja putri