

**KAJIAN KONSUMSI PROTEIN DAN ZAT BESI DENGAN KADAR
HEMOGLOBIN PADA WANITA USIA SUBUR (WUS) DI DESA
SRIMARTANI KECAMATAN PIYUNGAN KABUPATEN BANTUL**

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ABSTRAK

Latar Belakang : Gizi merupakan salah satu penentu kualitas sumber daya manusia. Kekurangan gizi akan menyebabkan kegagalan pertumbuhan fisik dan perkembangan kecerdasan, menurunkan produktivitas kerja dan menurunkan daya tahan tubuh, yang berakibat meningkatnya angka kesakitan dan kematian. Kecukupan protein dan zat besi sangat diperlukan oleh setiap individu. Protein dan zat besi sangat berhubungan dengan kadar hemoglobin seseorang. Kadar hemoglobin dalam tubuh harus pada nilai yang normal. Apabila kadar hemoglobin menurun maka akan mengakibatkan terjadinya anemia. Anemia adalah suatu keadaan dengan kadar hemoglobin lebih rendah dari nilai normal. Protein sangat berperan dalam transportasi zat besi dalam tubuh. Oleh karena itu, kurangnya konsumsi protein akan mengakibatkan transportasi zat besi terhambat sehingga mengakibatkan defisiensi besi. Selain itu kekurangan zat besi juga dapat menurunkan kadar hemoglobin.

Tujuan : Mengetahui konsumsi Protein dan Fe (zat besi) wanita usia subur (WUS) dengan kadar hemoglobin di Desa Srimartani, Piyungan, Bantul.

Metode Penelitian : Jenis Penelitian ini adalah penelitian deskriptif observasional dengan *desain cross sectional*. Jumlah subyek penelitian sebanyak 33 dipilih menggunakan teknik sampling *Simple Random Sampling* yang telah memenuhi kriteria inklusi maka dapat dijadikan sebagai sampel penelitian. Data konsumsi protein dan zat besi dikumpulkan melalui metode formulir *SQFFQ*.

Hasil : Berdasarkan hasil univariat tingkat asupan protein subjek sebanyak 6 subjek (28,3%) termasuk dalam konsumsi protein kurang, sedangkan asupan zat besi subjek sebanyak 14 subjek (42,42%) termasuk dalam kategori konsumsi zat besi kurang, dan sebagian besar kadar hemoglobin subjek sebanyak 31 subjek (93,94%) termasuk dalam hemoglobin normal.

Kesimpulan : Sebagian besar wanita usia subur mempunyai asupan protein yang baik dan status kadar hemoglobin normal serta sebagian besar wanita usia subur mempunyai asupan zat gizi yang baik dan status kadar hemoglobin normal

Kata Kunci : Konsumsi Protein, Konsumsi Zat Besi, Kadar Hemoglobin, Wanita Usia Subur (WUS).

**STUDY OF PROTEIN AND IRON CONSUMPTION WITH
HEMPOGLOBIN LEVELS IN WOMEN OF CHILDBEARING AGE IN
SRIMARTANI VILLAGE, PIYINGAN DISTRICT, BANTUL DISTRICT**

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ABSTRACT

Background: Nutrition is a determinant of the quality of human resources. Lack of nutrition will cause failure of physical growth and development of intelligence, reduce work productivity and reduce endurance, which results in increased morbidity and mortality. Adequacy of protein and iron is needed by each individual. Protein and iron are closely related to a person's hemoglobin levels. The hemoglobin level in the body must be at a normal value. If the hemoglobin level decreases, it will cause anemia. Anemia is a condition with hemoglobin levels lower than normal values. Protein plays a very important role in the transportation of iron in the body. Therefore, the lack of protein consumption will result in inhibited iron transport resulting in iron deficiency. In addition, iron deficiency can also reduce hemoglobin levels.

Objective: To determine the consumption of protein and iron (iron) for women of childbearing age with haemoglobin levels in the village of Srimartani, Piyungan, Bantul.

Methods: This type of research is a descriptive observational study with a cross sectional design. The number of research subjects as many as 33 were selected using the simple random sampling technique that had met the inclusion criteria so that they could be used as research samples. Protein and iron consumption data were collected through the *SQFFQ* form method.

Results: Based on the univariate results, the level of protein intake of 6 subjects (28.3%) was included in the low protein consumption, while 14 subjects (42.42%) were included in the category of low iron consumption, and most of the levels Hemoglobin of 31 subjects (93.94%) was included in normal hemoglobin.

Conclusion: Most women of childbearing age have a good protein intake and a normal haemoglobin level, most women of childbearing age have good nutritional intake and normal hemoglobin level status.

Keywords: Protein Consumption, Iron Consumption, Haemoglobin Levels, Women of Childbearing Age