

**THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND
NUTRITIONAL STATUS AND THE INCIDENCE OF ANEMIA IN 11TH-
GRADE ADOLESCENT GIRLS AT SMA NEGERI 7 YOGYAKARTA**

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ABSTRACT

Background: The prevalence of anemia in Yogyakarta City remains high. One possible cause is an imbalance in gut microbiota due to unhealthy eating habits. Improving dietary patterns can help restore this balance, which may support better absorption and metabolism of nutrients that play a role in reducing anemia.

Objective: To examine the relationship between dietary patterns and nutritional status with the incidence of anemia and to identify the most influential variables among 11th-grade female students at SMA Negeri 7 Yogyakarta.

Methods: This was a quantitative study with a cross-sectional design. A total of 127 female students were selected through purposive sampling based on inclusion criteria. Research instruments included a Food Frequency Questionnaire (FFQ), anthropometric measurements (height and weight for BMI calculation), and hemoglobin level assessment using a digital Hemoque device. Data were analyzed using Chi-square tests and multivariate logistic regression.

Results: The prevalence of anemia was 34.1%. Chi-square tests showed significant associations between anemia and dietary patterns ($p < 0.001$), nutritional status ($p < 0.001$), and iron supplement consumption ($p < 0.001$). No significant associations were found with parents' occupation or education. Multivariate analysis revealed that nutritional status (OR = 17.248) was the most influential factor associated with anemia, followed by dietary patterns (OR = 12.044), and iron supplement consumption habits (OR = 5.677).

Conclusion: There is a significant relationship between dietary patterns and nutritional status with the incidence of anemia. Poor dietary patterns are the most strongly associated factor contributing to anemia among adolescent girls at SMA Negeri 7 Yogyakarta.

Keywords: anemia, dietary patterns, nutritional status, adolescent girls, Yogyakarta

HUBUNGAN POLA MAKAN DAN STATUS GIZI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI KELAS XI DI SMA NEGERI 7 YOGYAKARTA

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ABSTRAK

Latar Belakang: Prevalensi anemia di Kota Yogyakarta masih tinggi. Kemungkinan salah satu penyebabnya adalah ketidakseimbangan mikrobiota usus akibat pola makan yang kurang sehat. Perbaikan pola makan dapat mendukung keseimbangan mikrobiota, sehingga meningkatkan penyerapan dan metabolisme zat gizi yang berperan dalam menurunkan kejadian anemia.

Tujuan: Mengetahui hubungan antara pola makan dan status gizi dengan kejadian anemia serta variabel yang paling berhubungan pada siswi kelas XI di SMA Negeri 7 Yogyakarta.

Metode: Jenis penelitian kuantitatif dengan desain *cross-sectional*. Sampel sebanyak 127 siswi dipilih menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi. Instrumen penelitian berupa kuesioner *Food Frequency Questionnaire* (FFQ), pengukuran antropometri (tinggi dan berat badan untuk IMT), serta pemeriksaan kadar hemoglobin dengan alat digital Hemoque. Analisis data menggunakan uji *Chi-square*, dan regresi logistik multivariat.

Hasil: Prevalensi anemia sebesar 34,1%. Uji *Chi-square* menunjukkan hubungan antara anemia dengan pola makan ($p < 0,001$), status gizi ($p < 0,001$), konsumsi tablet tambah darah ($p < 0,001$). Sedangkan pada pekerjaan orang tua dan pendidikan orang tua menunjukkan tidak ada hubungan. Hasil uji multivariat menunjukkan bahwa variabel status gizi (OR = 17,248) paling berhubungan terhadap kejadian anemia diikuti paling berhubungan kedua yaitu pola makan (OR = 12,044), dan yang terakhir adalah kebiasaan konsumsi TTD (OR = 5,677).

Kesimpulan: Terdapat hubungan antara pola makan dan status gizi dengan kejadian anemia. Status gizi merupakan faktor paling berhubungan terhadap kejadian anemia pada remaja putri di SMA Negeri 7 Yogyakarta.

Kata Kunci: anemia, pola makan, status gizi, remaja putri, Yogyakarta