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ABSTRAK

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**HUBUNGAN ASUPAN ZAT BESI DAN KEPATUHAN MENGONSUMSI
TABLET Fe DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI
SEKOLAH MENENGAH ATAS**

Kadar hemoglobin adalah ukuran pigmen respiratorik dalam butiran-butiran darah merah. Remaja putri sangat rentan mengalami penurunan kadar hemoglobin karena terjadinya peningkatan kebutuhan zat besi. Tujuan penelitian ini adalah menganalisis hubungan asupan zat besi (heme dan non heme) dan kepatuhan mengonsumsi tablet Fe dengan kadar hemoglobin pada remaja putri SMA Negeri 1 Parigi. Metode yang digunakan yaitu observasional dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 97 orang dengan teknik *simple random sampling*. Instrumen yang digunakan yaitu angket identitas responden, kuesioner kepatuhan mengonsumsi tablet Fe, formulir *food recall* 2x24 jam dan *Easy Touch* GCHb. Hasil penelitian menunjukkan bahwa responden dengan kadar hemoglobin tinggi lebih banyak (73,2%). Kepatuhan mengonsumsi tablet Fe lebih sedikit yang patuh (18,6%) dibandingkan yang tidak patuh. Rata-rata asupan zat besi total responden sebesar 11,8 mg, rata-rata asupan zat besi heme sebesar 8,13 mg, dan rata-rata asupan zat besi non heme sebesar 3,67 mg. Terdapat hubungan asupan zat besi dengan kadar $p=0,001$ ($p<0,05$) dan $p=0,753$. Terdapat hubungan asupan zat besi heme dengan kadar hemoglobin $p=0,001$ ($p<0,05$) dan $p=0,855$. Terdapat hubungan asupan zat besi non heme dengan kadar hemoglobin $p=0,001$ ($p<0,05$) dan $p=0,466$. Terdapat hubungan kepatuhan mengonsumsi tablet Fe dengan kadar hemoglobin $p=0,005$ ($p<0,05$). Responden diharapkan lebih meningkatkan asupan makanan yang mengandung zat besi, serta mengonsumsi tablet Fe secara teratur yaitu 1 tablet perminggu dan 1 tablet perhari ketika menstruasi selama 52 minggu untuk mencegah terjadinya kekurangan kadar hemoglobin.

Kata Kunci : Kadar Hemoglobin, Remaja Putri, Tablet Fe, Zat Besi.

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ABSTRACT

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THE RELATIONSHIP BETWEEN IRON INTAKE AND COMPLIANCE WITH CONSUMING Fe TABLETS WITH HEMOGLOBIN LEVELS IN HIGH SCHOOL FEMALE ADOLESCENT

Hemoglobin level is a measure of the respiratory pigment in red blood cells. Teenage girls are very susceptible to a decrease in hemoglobin levels due to increased iron requirements. The purpose of this study is to analyze the relationship between iron intake (heme and non-heme) and adherence to taking Fe tablets with hemoglobin levels in female high school students at State High School 1 Parigi. The method used is observational with a cross-sectional approach. The study population consisted of 97 people selected using simple random sampling. The instruments used were a respondent identity questionnaire, a questionnaire on compliance with taking Fe tablets, a 2x24 hour food recall form, and an Easy Touch GCHb device. The research results show that there are more respondents with high hemoglobin levels (73.2%). Fewer respondents were compliant with taking Fe tablets (18.6%) compared to those who were not. The average total iron intake of the respondents was 11.8 mg, the average heme iron intake was 8.13 mg, and the average non-heme iron intake was 3.67 mg. There was a relationship between iron intake and hemoglobin levels with $p=0.001$ ($p<0.05$) and $p=0.753$. There was a relationship between heme iron intake and hemoglobin levels with $p=0.001$ ($p<0.05$) and $p=0.855$. There was a relationship between non-heme iron intake and hemoglobin levels with $p=0.001$ ($p<0.05$) and $p=0.466$. There was a relationship between compliance with taking Fe tablets and hemoglobin levels with $p=0.005$ ($p<0.05$). Respondents are expected to increase their intake of iron-containing foods and take Fe tablets regularly, one tablet per week and one tablet per day during menstruation for 52 weeks, to prevent low hemoglobin levels.

Keywords: Adolescent Girls, Fe Tablets, Hemoglobin Levels, Iron.