

ABSTRAK

ENDITA NURHASANAH

HUBUNGAN ASUPAN PROTEIN DAN ZAT BESI DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI

Salah satu masalah gizi pada remaja putri yaitu anemia. Anemia adalah kondisi dimana tubuh kekurangan kadar hemoglobin. Kurangnya kadar hemoglobin pada remaja putri salah satunya disebabkan oleh kurangnya asupan zat besi dan protein. Protein berperan dalam transportasi zat besi ke sumsum tulang belakang untuk pembentukan sel darah merah. Tujuan penelitian ini yaitu menganalisis hubungan asupan protein dan zat besi dengan kadar hemoglobin pada siswi SMA Negeri 1 Singaparna tahun 2025. Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi penelitian adalah siswi kelas X berjumlah 264 orang dan diambil sebanyak 81 orang sebagai sampel dengan menggunakan metode *proportional random sampling*. Pengambilan data asupan protein dan zat besi menggunakan kuesioner *Semi Quantitative Food Frequency* dan pengukuran kadar hemoglobin menggunakan *hemoglobinmeter digital*. Analisis data dengan uji korelasi *product moment pearson* dan *spearman rank* menunjukkan ada hubungan bermakna antara asupan asam protein ($p\text{-value} = 0,000$) dan asupan zat besi ($p\text{-value}=0,000$) dengan kadar hemoglobin siswi SMAN 1 Singaparna tahun 2025. Diharapkan siswi lebih memperhatikan asupan makanan yang dikonsumsi terutama asupan protein dan zat besi serta menerapkan pedoman gizi seimbang dalam menu makan sehari-hari.

Kata Kunci: anemia, kadar hemoglobin, protein, zat besi

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
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***THE RELATIONSHIP BETWEEN PROTEIN AND IRON INTAKE AND
HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS***

One of the nutritional challenges faced by adolescent girls is anemia. Anemia is a condition where the body lacks hemoglobin levels. This condition is partly due to inadequate iron and protein intake. Protein functions in facilitating the transport of iron to the bone marrow, which is essential for red blood cell production. This study aims to examine the correlation between protein and iron intake and hemoglobin levels among students at SMA Negeri 1 Singaparna in 2025. The research employed a quantitative approach with a cross-sectional design. The study population included 264 tenth-grade female students, from which 81 respondents were chosen through proportional random sampling. Data on protein and iron consumption were collected using a semi-quantitative food frequency questionnaire, while hemoglobin levels were assessed with a digital hemoglobin meter. Data were analyzed using the Pearson product-moment correlation and Spearman rank tests, which revealed a significant relationship between protein intake ($p\text{-value} = 0.000$) and iron intake ($p\text{-value} = 0.000$) with the students' hemoglobin levels. It is expected that female students will become more aware of their nutritional intake, particularly protein and iron, and adopt balanced nutrition principles in their daily diets.

Keywords: *anemia, hemoglobin levels, protein, iron*