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PROGRAM STUDI GIZI
2025

ABSTRAK

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HUBUNGAN ANTARA ASUPAN PROTEIN HEWANI, ZAT BESI, DAN KEPATUHAN MENGONSUMSI TABLET TAMBAH DARAH DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI

Kadar hemoglobin rendah pada remaja putri merupakan isu kesehatan yang masih memerlukan penanganan khusus. Beberapa faktor risiko yang diduga memengaruhi kadar hemoglobin adalah asupan protein hewani, asupan zat besi, dan kepatuhan mengonsumsi Tablet Tambah Darah (TTD). Penelitian ini bertujuan untuk menganalisis hubungan antara asupan protein hewani, zat besi, dan kepatuhan mengonsumsi TTD dengan kadar hemoglobin. Penelitian ini merupakan penelitian observasional dengan desain *cross sectional*. Variabel kadar hemoglobin diukur menggunakan *Easy Touch* GCHB. Asupan protein hewani, protein nabati, zat besi, lemak hewani, dan vitamin C menggunakan *food recall* 3x24 jam. Kepatuhan mengonsumsi TTD menggunakan lembar ceklis kepatuhan mengonsumsi TTD. Siklus dan lama menstruasi menggunakan kuesioner siklus dan lama menstruasi. Analisis data menggunakan uji korelasi *Pearson Product Moment* dan *Spearman Rank* dengan teknik *Simple Random Sampling* sebanyak 65 remaja putri kelas VII di SMP Negeri 1 Ciawi. Hasil: Rerata kadar hemoglobin responden 12,6 g/dL dengan kadar hemoglobin normal sebanyak 70,8%. Rerata asupan protein hewani 31,55 gram, rerata asupan zat besi 5,7 mg, dan rerata kepatuhan mengonsumsi TTD 0,88 (1 tablet). Uji statistik menunjukkan asupan protein hewani (p=0,567), asupan zat besi (p=0,759), kepatuhan mengonsumsi TTD (p=0,158), asupan protein nabati (p=0,421), asupan lemak hewani (p=0,517), vitamin C (p=0,226), siklus menstruasi (p=0,713), dan lama menstruasi (p=0,752) tidak berhubungan dengan kadar hemoglobin. Hal ini mengindikasikan terdapat faktor lain yang memengaruhi kadar hemoglobin diluar variabel yang diteliti. Penelitian lanjutan dapat memperluas cakupan variabel dan mengambil jumlah sampel yang lebih besar sehingga dapat memahami determinan yang memengaruhi kadar hemoglobin secara menyeluruh.

Kata kunci: kadar hemoglobin, protein hewani, Tablet Tambah Darah, zat besi

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ABSTRACT

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THE RELATIONSHIP BETWEEN ANIMAL PROTEIN INTAKE, IRON, AND COMPLIANCE IN CONSUMING IRON SUPPLEMENTS WITH HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS

Low hemoglobin levels in adolescent girls remain a health issue that requires special attention. Several risk factors are suspected to influence hemoglobin levels, including animal protein intake, iron intake, and adherence to consuming Iron Supplement Tablets (Tablet Tambah Darah or TTD). This study aimed to analyze the relationship between animal protein intake, iron intake, and adherence to TTD consumption with hemoglobin levels. This was an observational study with a cross-sectional design. Hemoglobin levels were measured using the Easy Touch GCHB device. Intake of animal protein, plant protein, iron, animal fat, and vitamin C was assessed using a 3x24-hour food recall. Adherence to TTD consumption was measured using a TTD adherence checklist. Menstrual cycle and duration were measured using a questionnaire on menstrual patterns. Data analysis was conducted using the Pearson Product Moment and Spearman Rank correlation tests. The sampling technique used was simple random sampling, involving 65 seventh-grade female students at SMP Negeri 1 Ciawi. Results: The average hemoglobin level of the respondents was 12.6 g/dL, with 70.8% having normal hemoglobin levels. The average animal protein intake was 31.55 grams, the average iron intake was 5.7 mg, and the average TTD adherence was 0.88 (equivalent to 1 tablet). Statistical tests show that animal protein intake (p=0.567), iron intake (p=0.759), adherence to consuming iron supplements (p=0.158), plant protein intake (p=0.421), animal fat intake (p=0.517), vitamin C (p=0.226), menstrual cycle (p=0.713), and duration of menstruation (p=0.752) are not associated with hemoglobin levels. This indicates that there are other factors influencing hemoglobin levels beyond the variables studied. Future research could expand the range of variables and take a larger sample size to better understand the determinants affecting hemoglobin levels comprehensively.

Keywords: *animal protein, hemoglobin hevels, iron, Iron Supplements Tablets*