

**ABSTRAK**

**SITI RAHMAH FAUZIAH**

**HUBUNGAN TINGKAT KECUKUPAN ZAT BESI, VITAMIN C, KEPATUHAN KONSUMSI TTD, DAN LAMA MENSTRUASI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI**

Anemia merupakan kondisi ketika kadar hemoglobin (Hb) darah  $<12\text{g/dL}$ . Anemia pada remaja putri dapat disebabkan oleh kekurangan asupan zat besi dan kehilangan cadangan zat besi karena menstruasi. Asupan zat besi dipengaruhi oleh kepatuhan konsumsi Tablet Tambah Darah (TTD), kecukupan asupan zat besi, dan cara konsumsi makanan sumber zat besi terkait adanya enhancer dan inhibitor. Penelitian ini bertujuan menganalisis hubungan tingkat kecukupan zat besi, vitamin C, kepatuhan konsumsi TTD, dan lama menstruasi dengan kejadian anemia. Metode penelitian yang digunakan adalah kuantitatif dengan desain *cross-sectional* pada 75 siswi kelas XI di SMAN 1 Manonjaya yang dipilih secara *proportional random sampling*. Kadar hemoglobin diukur menggunakan Hb meter merek *Easy Touch CGHB*. Tingkat kecukupan zat besi, vitamin C, asupan fitat, tanin, dan kalsium menggunakan *food recall* 3x24 jam. Kepatuhan konsumsi TTD menggunakan kuesioner *Morisky Medication Adherence Scale 8-items (MMAS-8)*, sedangkan lama menstruasi menggunakan kuesioner lama menstruasi. Analisis data dengan uji *Chi-Square*. Hasil uji statistik menunjukkan tingkat kecukupan zat besi  $p\text{-value}=0,018$  ( $<0,05$ ), nilai  $OR=4,33$  dan CI 95% 1,403-13,387 dan tingkat kecukupan vitamin C  $p\text{-value}=0,002$  ( $<0,05$ ), nilai  $OR=6,67$  dan CI 95% 2,067-21,501 berhubungan dengan kejadian anemia pada remaja putri. Hasil uji statistik menunjukkan kepatuhan konsumsi TTD ( $p\text{-value}=0,255$  ( $\geq 0,05$ )), lama menstruasi ( $p\text{-value}=0,643$  ( $\geq 0,05$ )), asupan fitat ( $p\text{-value}=0,050$  ( $\geq 0,05$ )), tanin ( $p\text{-value}=0,198$  ( $\geq 0,05$ )), dan kalsium ( $p\text{-value}=0,381$  ( $\geq 0,05$ )), tidak berhubungan dengan kejadian anemia pada remaja putri. Remaja putri diharapkan dapat meningkatkan asupan makanan bergizi seimbang terutama asupan zat besi dan vitamin C

Kata kunci: anemia, konsumsi TTD, lama menstruasi, vitamin C, zat besi.

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**ABSTRACT**

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**THE RELATIONSHIP BETWEEN IRON, VITAMIN C SUFFICIENCY, IRON TABLET CONSUMPTION COMPLIANCE, AND MENSTRUATION DURATION WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS**

Anemia is a condition when the blood hemoglobin (Hb) level is  $<12\text{g/dL}$ . Anemia in adolescent girls can be caused by insufficient iron intake and loss of iron reserves due to menstruation. Iron intake is influenced by adherence to Iron Supplement Tablet consumption, adequacy of iron intake, and how to consume iron-rich foods related to the presence of enhancers and inhibitors. This study aims to analyze the relationship between iron sufficiency, vitamin C, adherence to TTD consumption, and menstrual duration with the incidence of anemia. The research method used was quantitative with a cross-sectional design on 75 eleventh-grade female students at SMAN 1 Manonjaya who were selected by proportional random sampling. Hemoglobin levels were measured using an Easy Touch CGHB brand Hb meter. Adequate levels of iron, vitamin C, phytate, tannin, and calcium intake using a 3x24 hour food recall. Compliance with TTD consumption used the Morisky Medication Adherence Scale 8-items questionnaire, menstrual duration used the menstrual duration questionnaire. Data analysis used the Chi-Square test. The results of statistical tests showed that iron sufficiency  $p\text{-value}=0.018$  ( $<0.05$ ),  $\text{OR}=4.33$ , 95%  $\text{CI}$  1.403-13.387 and vitamin C sufficiency  $p\text{-value}=0.002$  ( $<0.05$ ),  $\text{OR}=6.67$ , 95%  $\text{CI}$  2.067-21.501 were significantly associated with anemia incidence. Compliance with iron tablet consumption ( $p\text{-value}=0.255$  ( $\geq 0.05$ )), menstrual duration ( $p\text{-value}=0.643$  ( $\geq 0.05$ )), phytate ( $p\text{-value}=0.050$  ( $\geq 0.05$ )), tannin ( $p\text{-value}=0.198$  ( $\geq 0.05$ )), calcium intake ( $p\text{-value}=0.381$  ( $\geq 0.05$ )), showed no significant association with anemia incidence. Adolescent girls are recommended to increase their intake of balanced nutritious foods, particularly iron and vitamin C.

Keywords: anemia, iron, menstrual duration, iron tablet consumption, vitamin C.