

PROGRAM STUDI GIZI
FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
2026

ABSTRAK

LUBNA JAUDAH KHAIRUNISA

**HUBUNGAN ASUPAN PROTEIN HEWANI DAN SIKLUS MENSTRUASI
DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI (STUDI DI
SMPN 1 RAJAPOLAH, KABUPATEN TASIKMALAYA TAHUN 2026).**

Penelitian ini bertujuan untuk mengetahui hubungan antara asupan protein hewani dan siklus menstruasi dengan kadar hemoglobin pada remaja putri di SMPN 1 Rajapolah, Kabupaten Tasikmalaya. Latar belakang penelitian ini adalah tingginya prevalensi anemia pada remaja putri di Indonesia, khususnya di Kabupaten Tasikmalaya. Penurunan kadar hemoglobin pada remaja putri dapat dipengaruhi oleh asupan protein hewani yang rendah dan siklus menstruasi yang tidak normal. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*, melibatkan 73 responden yang didapatkan menggunakan *proportional random sampling*. Data asupan protein hewani dengan metode SQ-FFQ, sedangkan data siklus menstruasi dengan kuesioner. Kadar hemoglobin diukur menggunakan digital Hb Meter. Hasil penelitian menggunakan uji *Pearson Product Moment* menunjukkan hubungan yang signifikan antara asupan protein hewani dan kadar hemoglobin ($p=0,000$), dengan koefisien korelasi 0,418, menunjukkan hubungan moderat. Namun, tidak ditemukan hubungan yang signifikan antara siklus menstruasi dan kadar hemoglobin ($p=0,059$), dengan koefisien korelasi sangat lemah (-0,222). Berdasarkan hasil ini, disarankan agar remaja putri meningkatkan asupan protein hewani untuk mendukung kadar hemoglobin normal dan memantau siklus menstruasi mereka untuk mengurangi risiko anemia.

Kata Kunci: anemia, kadar hemoglobin, protein hewani, remaja putri, siklus menstruasi.

NUTRITION STUDY PROGRAM
FACULTY OF SCIENCE HEALTH
SILIWANGI UNIVERSITY
2026

ABSTRACT

LUBNA JAUDAH KHAIRUNISA

THE RELATIONSHIP BETWEEN ANIMAL PROTEIN INTAKE AND THE MENSTRUAL CYCLE WITH HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS (A STUDY AT SMPN 1 RAJAPOLAH, TASIKMALAYA REGENCY, 2026).

This study aims to determine the relationship between animal protein intake and the menstrual cycle with hemoglobin levels in adolescent girls at SMPN 1 Rajapolah, Tasikmalaya Regency. The background of this study is the high prevalence of anemia among adolescent girls in Indonesia, particularly in Tasikmalaya Regency. Decreased hemoglobin levels in adolescent girls may be influenced by low animal protein intake and irregular menstrual cycles. This study employed a quantitative design with a cross-sectional approach, involving 73 participants. Data on animal protein intake were collected using the SQ-FFQ method, while menstrual cycle data were gathered via a questionnaire. Hemoglobin levels were measured using a digital Hb meter. The results by using Pearson Product Moment test showed a significant association between animal protein intake and hemoglobin levels ($p=0.000$), with a correlation coefficient of 0.418, indicating a moderate positive relationship. However, no significant association was found between menstrual cycles and hemoglobin levels ($p=0.059$), with a very weak correlation coefficient (-0.222). Based on these results, it is recommended that adolescent girls increase their intake of animal protein to support normal hemoglobin levels and monitor their menstrual cycles to reduce the risk of anemia

Keywords: *adolescent girls, anemia, animal protein, hemoglobin level, menstrual cycle.*