

ABSTRAK

Ega Sabila Mulani. Gambaran Pola Makan Dan Kejadian Anemia Pada Mahasiswi Poltekkes Kemenkes Riau. Dibimbing oleh Fitri, SP, MKM dan Yessi Alza, SST, M. Biomed.

Anemia merupakan keadaan tubuh dengan kadar hemoglobin didalam darah lebih rendah dari normal atau tidak mencukupi kebutuhan fisiologi tubuh. Seseorang dikatakan anemia jika kadar hemoglobin kurang dari 12,0 gr/dl. Berdasarkan data Riskesdas (2018) Kementerian Kesehatan (Kemenkes) dari tahun 2013 sampai 2018 terdapat kenaikan prevalensi anemia pada kelompok usia 15-24 tahun yaitu 37,1% menjadi 48,9 %. Tujuan penelitian untuk mengetahui gambaran pola makan dan kejadian anemia pada mahasiswi Poltekkes Kemenkes Riau. Metode penelitian ini menggunakan penelitian deskriptif dengan desain penelitian *cross sectional*. Subjek mahasiswi yang dipilih secara *purposive sampling* dengan jumlah responden sebanyak 42 orang. Pengambilan data pola makan dilakukan dengan wawancara dan pengisian form SQ-FFQ serta pengukuran kadar Hb menggunakan alat easy touch GCHb. Data dianalisa menggunakan analisis univariat. Dari penelitian ini diperoleh hasil responden yang menderita anemia sebanyak 60%. Sebanyak 57,1 % responden yang berstatus anemia memiliki asupan zat besi kategori kurang. Sebanyak 61.9 % responden memiliki frekuensi mengkonsumsi sayuran dengan kategori jarang. Jenis makanan sumber Fe yang banyak dikonsumsi mahasiswi setiap harinya yaitu ayam dan tempe. Sedangkan untuk jenis penghambat penyerapan zat besi yang sering dikonsumsi adalah teh. Saran dari penelitian ini diharapkan responden untuk menjaga dan memperhatikan asupan makanan yang dimakan setiap harinya terutama makanan yang mengandung zat besi dan mengurangi konsumsi penghambat penyerapan zat besi.

Kata kunci: Pola Makan, Anemia

ABSTRACT

Ega Sabila Mulani. Description of Diet and Incidence of Anemia in Female College Students at Poltekkes Kemenkes Riau. Supervised by Fitri, SP, MKM and Yessi Alza, SST, M. Biomed

Anemia is a condition in the body where the hemoglobin level in the blood is lower than normal or does not meet the body's physiological needs. A person is said to be anemic if the hemoglobin level is less than 12.0 gr/dl. Based on Riskesdas (2018) data from the Ministry of Health (Kemenkes), from 2013 to 2018 there was an increase in the prevalence of anemia in the 15-24 year age group, namely 37.1% to 48.9%. The aim of the research was to determine the description of eating patterns and the incidence of anemia in female students at the Riau Ministry of Health Polytechnic. This research method uses descriptive research with a cross sectional research design. The female student subjects were selected using purposive sampling with a total of 42 respondents. Dietary data collection was carried out by interviewing and filling in the SQ-FFQ form and measuring Hb levels using the GCHb easy touch tool. Data were analyzed using univariate. From this research, it was obtained that 60% of respondents suffered from anemia. As many as 57.1% of respondents with anemia status had low iron intake. As many as 61.9% of respondents had a frequency of consuming vegetables in the rare category. The types of food sources of Fe that many female students consume every day are chicken and tempeh. Meanwhile, the type of iron absorption inhibitor that is often consumed is tea. Suggestions from this research are that respondents are expected to maintain and pay attention to the food intake they eat every day, especially foods that contain iron and reduce consumption of iron absorption inhibitors.

Keywords: Diet, Anemia