Hubungan Kebiasaan Sarapan,Tingkat Kecukupan Zat Besi, Vitamin C, dan Tembaga (Cu) dengan Kejadian Anemia Remaja Putri (The Relationship of Breakfast Habits, Levels of Iron Adequacy, Vitamin C, and Copper (Cu) with the Incidence of Anemia in Adolescent Girls).

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ABSTRACT

Anemia is a condition in which hemoglobin, hematocrit, and erythrocyte count levels decrease. The prevalence of anemia in Lumajang was 31,1% in 2018. Young women are more prone to anemia due to menstruation every month. Anemia can also be caused by breakfast habits and insufficient intake of nutrients such as iron, vitamin c, and copper. The purpose of the study was to analyze the relationship between breakfast habits, levels of iron adequacy, vitamin c, and copper (Cu) with the incidence of anemia in adolescent girls. This research used an analytical survey with a cross-sectional study design. The population were high school students with the age of 16-17 years old in MA Putri Nurul Masyithoh Lumajang, MAN Lumajang, and SMKN Lumajang. Data collected with instruments like breakfast habit questionnaires, *SQ-FFQ*, and blood measurement using GCHB's easy touch tool. Statistical analysis using SPSS 25.0 with Chi-Square Correlation test. The result of the study is the number of adolescent girls who have anemia is 17,2%. Adolescent girls who had breakfast habits every day as much as 51,7% and there was no relationship between breakfast habits with the incidence of anemia (p=0.499). Adolescent girls mostly have adequate levels of iron sufficiency as much as 51,7% and there was no relationship between iron adequacy levels with the incidence of anemia (p=0,499), adequate levels of vitamin c as much as 60,3% and there was no relationship between vitamin c levels with the incidence of anemia (p =0,725), while sufficient levels of copper sufficiency as much as 94,8% and there was no relationship between copper adequacy level with the incidence of anemia (p=1,000).

The conclusion is that there is no relationship between breakfast habits, levels of iron adequacy, vitamin C, and copper (Cu) with the incidence of anemia in adolescent girls.

Keyword: Anemia, Breakfast, Copper (Cu), Iron, and Vitamin C