

Signs of Symptoms, Food Intake and Eating Habits in Female Students With Anemia at The Health Department of Jember State Polytechnic

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ABSTRACT

Anemia is a condition where the level of hemoglobin (Hb) or red blood cells in the blood is below the normal value according to a person's age and sex. The aim of this study is to identify the symptoms of anemia, dietary intake, and eating habits in female students with anemia at the Health Polytechnic of Jember State Polytechnic. This research is an epidemiological study implementing an observational method through a cross-sectional approach. A total of 61 respondents were selected as research subjects using a simple random sampling technique. The tools used in this study include a 1 cc syringe for complete blood sampling, a digital scale for measuring body weight, a questionnaire for symptoms and eating habits, and a 24-hour food recall form to evaluate dietary intake. The analysis results showed that 41 female students (46%) had low symptoms, with 22 students (54%) having normal anemia status and 19 students (46%) having abnormal anemia status. Female students with good eating habits were 45 (47%), with 24 students (53%) having normal anemia status and 21 students (47%) having abnormal anemia status. Furthermore, 19 female students (43%) had insufficient energy intake, with 25 students (57%) having normal anemia status and 19 students (43%) having abnormal anemia status. Twelve female students had sufficient vitamin C intake, with 4 students (33%) having normal anemia status and 8 students (67%) having abnormal anemia status. Female students with sufficient iron (Fe) intake were 30, where 30 students (100%) or all had normal anemia status. Conversely, female students with insufficient iron (Fe) intake were 31, where 2 students (7%) had normal anemia status and 29 students (93%) had abnormal anemia status. Therefore, it can be concluded that most female students have poor nutritional intake, particularly in protein and iron intake.

Keywords: *Anemia, Signs of Symptoms, Eating Habits, Intake of Macronutrients, Intake of Micronutrients*