

Hubungan Tingkat Kecukupan Zat Besi, Protein Hewani, Protein Nabati dan Vitamin C dengan Kejadian Anemia pada Remaja Putri (The Relationship of level Iron Sufficiency, Protein, and Vitamin C with Incidence of Anemia on Adolescent Girls)

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ABSTRACT

Anemia is of the most common nutritional problem in both developing and developed countries. Anemia is a condition in which the number of erythrocytes is insufficient to provide oxygen for the body tissues. Adolescent girls become the groups who are prone to anemia because in the productive period, they needs 3 times greater of iron than young men. The lack of iron sufficiency, protein and vitamin C intake can disrupt disruption of the process of formation of hemoglobin that resulting the anemia. The purpose of study research was to knew the relationship of level iron sufficiency, protein and vitamin C with incidence of anemia on adolescent girls of islamic boarding school Nurul Islam Jember. The design of this study was analytical survey with cross sectional design. The population of this study were thirty three high school students in Xth and Xith grade. The data was collected by using the form of food recall 1 x 24 hours as much as 3 times not consecutive and satisfying hemoglobin level using cyanmethemoglobin method. The data was statistical analyze using SPSS 16.0 for Windows with Chi Square Correlation test. The results showed that iron intake ($p= 0,000$), animal protein ($p = 0.001$), vegetable protein (0.003) and vitamin C (0.0031). The conclusion are there is the relationship between the intake of iron, protein, and vitamin C in the incidence of anemia on adolescent.

Keywords: Anemia, Iron, Protein, Vitamin C