

**The Relationship between Tea and Coffee Consumption Patterns and
Anemia Status among Female Adolescents at SMPN Sukorambi,
Sukorambi District**

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ABSTRACT

Anemia is a condition in which hemoglobin levels in the blood are below normal, resulting in a decreased capacity of the blood to transport oxygen to body tissues. Adolescent girls are at high risk of anemia due to increased iron requirements during growth and blood loss during menstruation. In addition, the consumption patterns of beverages such as tea and coffee may affect iron absorption due to the presence of tannins and caffeine, which act as inhibitors of iron absorption. This study aimed to analyze the relationship between tea and coffee consumption patterns and anemia status among adolescent girls at SMPN Sukorambi, Sukorambi District. This study was an observational analytic study with a cross-sectional design. The sample consisted of 53 respondents selected using a purposive sampling technique. Data on tea and coffee consumption patterns were collected using a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), while anemia status was determined by measuring hemoglobin levels. Data analysis was performed using the Fisher–Freeman–Halton Exact Test. The results showed a significant relationship between tea consumption patterns and anemia status among adolescent girls (p -value = 0.004), while coffee consumption patterns were not significantly associated (p -value = 0.551). In conclusion, tea consumption patterns are associated with anemia status among adolescent girls, whereas coffee consumption patterns are not significantly associated.

Keywords: *tea consumption pattern, coffee consumption pattern, anemia, adolescent girls*