

Correlation between Diet and Nutritional Status with the Incidence of Anemia in Santriwati Annuriyyah Rambipuji Islamic Boarding School

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ABSTRACT

The nutritional problem in Indonesia that must be addressed properly is anemia, especially iron deficiency anemia. Anemia occurs due to a decrease in the quantity of red blood cells hemoglobin which is below the normal limit of 12 g/dl. The purpose of this study was to determine the relationship between diet and nutritional status with the incidence of anemia in female students of the Annuriyyah Rambipuji Islamic Boarding School.

This research was conducted at the Annuriyyah Islamic Boarding School, Jember Regency in April 2021. With a total sample of 61 subjects taken by purposive sampling technique. This research method used analytic survey research with a cross sectional approach. Nutritional status data were obtained using BMI/U, diet were obtained using a Food Frequency Questionnaire (Form FFQ) and anemia status was obtained based on hemoglobin levels which were checked using GCHB easy touch. The data analysis technique used is the Spearman Rank Correlation Test.

From the descriptive analysis, 23% of the subjects had anemia, 85.2% of the subjects had a poor diet, and 73.8% of the subjects had normal nutritional status. The results of the analysis of eating patterns and the incidence of anemia using the Spearman Rank Correlation Test showed no relationship ($p = 0.956$). The results of the analysis of nutritional status and the incidence of anemia using the Spearman Rank Correlation Test showed that there was no relationship between nutritional status and the incidence of anemia in female students ($p = 0.07$).

The conclusion of this study is that there is no relationship between diet and nutritional status with the incidence of anemia in the female students of the Annuriyyah Rambipuji Islamic Boarding School.

Keywords: Diet, Incidence of Anemia, Nutritional Status