ABSTRAK

Anemia defisiensi zat besi merupakan salah satu masalah yang terjadi pada remaja putri. Salah satu faktor penyebab remaja putri mengalami anemia defisiensi zat besi adalah perilaku konsumsi makanan dan minuman. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi buah dan sayur serta minuman teh ready to drink pada siswi terhadap risiko anemia defisiensi zat besi di SMA Muhammadiyah 2 Kota Tangerang. Desain penelitian cross sectional dengan jumlah sampel 79 siswi menggunakan teknik purposive sampling. Pengumpulan data menggunakan metode wawancara langsung dengan bantuan kuesioner screening risiko anemia dan semi quantitative food frequency questionnaire (SQ-FFQ). Hasil penelitian menunjukkan 62,00% remaja putri berisiko anemia defisiensi zat besi. Analisis hubungan menggunakan uji chi-square menunjukkan bahwa terdapat hubungan signifikan antara jumlah berat konsumsi sayur (gram/hari) dengan risiko anemia defisiensi zat besi (p-value=0,048) dengan nilai OR=5,875, artinya siswi yang mengonsumsi sayur <250 gram/hari mempunyai peluang 5,875 kali berisiko anemia defisiensi zat besi dibandingkan siswi yang mengonsumsi sayur >250 gram/hari. Tidak terdapat hubungan antara jumlah berat konsumsi buah (gram/hari) (p-value=0,904) dan tingkat kecukupan vitamin C dari konsumsi buah dan sayur (p-value=0,474) dengan risiko anemia defisiensi zat besi. Tidak terdapat juga hubungan jumlah konsumsi teh ready to drink (mL/hari) (p-value=0,670) dan rata-rata konsumsi harian kafein dari konsumsi teh ready to drink dengan risiko anemia defisiensi zat besi (p-value=0,659). Konsumsi buah dan sayur yang cukup dan mengurangi konsumsi teh ready to drink pada masa remaja putri dapat menghindari risiko terjadinya anemia defisiensi zat besi sehingga dapat mencegah dampak negatif yang berlanjut hingga dewasa.

Kata kunci : Kafein, Remaja Putri, Risiko Anemia, Teh Ready to Drink dan Vitamin C

ABSTRACT

Iron-deficiency anemia is a problem that occurs in adolescent girls.
One of the factors that causes young women to experience iron deficiency anemia is their food and drink consumption behavior. This study aims to analyze the relationship between consumption of fruit and vegetables and ready-to-drink tea among female students on the risk of iron deficiency anemia at SMA Muhammadiyah 2 Tangerang City. Cross-sectional research design with a sample size of 79 female students using the purposive sampling technique. Data were collected using a direct interview method with the help of an anemia risk screening questionnaire and a semi-quantitative food frequency questionnaire (SQ-FFQ). The results showed that 62.00% of young women were at risk of iron deficiency anemia. Analysis of the relationship using the chi-square test showed that there was a significant relationship between the amount of vegetable consumption (grams/day) and the risk of iron deficiency anemia (p-value = 0.048) with an OR value of 5.875, meaning that female students consumed vegetables (250 grams/day). days have a 5.875 times chance of being at risk of iron deficiency anemia compared to female students who consume >250 grams of vegetables/day. There was no relationship between the amount of fruit consumed (grams/day) (p-value=0.904)

and the level of vitamin C adequacy from fruit and vegetable consumption (p-value=0.474) with the risk of iron deficiency anemia. There was also no relationship

between the amount of ready-to-drink tea consumption (mL/day) (p-value = 0.670) and the average daily caffeine consumption from ready-to-drink tea consumption with the risk of iron deficiency anemia (p-value = 0.659). Consuming enough fruit and vegetables and reducing consumption of ready-to-drink tea during teenage girls can avoid the risk of iron deficiency anemia and thus prevent negative impacts that continue into adulthood.
Keywords : Caffeine, Adolescent Girls, Risk of Anemia, Ready-to-Drink Tea and Vitamin C