

ABSTRAK

PERUBAHAN PENGETAHUAN, SIKAP, ASUPAN MAKAN DAN KADAR HEMOGLOBIN PADA REMAJA PUTRI PENDERITA ANEMIA SMPN 1 TANJUNG SARI YANG MENDAPAT INTERVENSI GIZI DI KABUPATEN LAMPUNG SELATAN

Oleh

Gemayangsura

Anemia dapat menimbulkan efek jangka panjang bagi remaja putri seperti meningkatkan risiko pertumbuhan janin terhambat dan melahirkan bayi prematur. Anemia dapat diatasi dengan memberikan intervensi gizi. Tujuan dari penelitian ini untuk melihat perubahan pengetahuan, sikap, asupan makan dan kadar hemoglobin setelah diberikan intervensi pendidikan gizi di SMPN 1 Tanjung Sari Kabupaten Lampung Selatan.

Jenis penelitian yang digunakan adalah *quassy experimental* dengan rancangan *one group pretest and posttest design*. Penelitian ini dilakukan di SMPN 1 Tanjung Sari pada bulan Januari – Juni 2022. Subjek penelitian berjumlah 38 siswi penderita anemia, intervensi gizi yang diberikan terdiri dari pengawasan makan oleh ibu dan guru dan pemberian tablet tambah darah dan pemberian materi berbeda tentang gizi dan anemia selama 6 minggu. Ibu dan guru mendapatkan materi *Training of Trainer* mengenai anemia dan gizi sebanyak 1 kali. Data dikumpulkan dengan darah vena untuk mengukur hb dan kuesioner untuk menilai sikap dan pengetahuan serta SQ-FFQ untuk menilai asupan zat besi. Data yang didapatkan dianalisis dengan Uji T berpasangan.

Hasil penelitian menunjukkan bahwa secara statistik terdapat perbedaan pengetahuan, sikap, asupan zat besi dan kadar hemoglobin, yang bermakna sebelum dan sesudah diberikan intervensi gizi selama 6 minggu dengan nilai $p < 0,05$. Berdasarkan penelitian, didapatkan peningkatan pada pengetahuan, sikap, asupan zat besi dan kadar hemoglobin pada remaja putri anemia yang mendapat intervensi gizi berupa pendidikan gizi, pengawasan makan oleh orang tua dan guru serta pemberian tablet tambah darah.

Kata kunci : anemia, intervensi gizi, remaja putri

**CHANGES IN KNOWLEDGE, ATTITUDE, NUTRITION INTAKE AND
HEMOGLOBIN LEVELS IN ADOLESCENT GIRL WITH ANEMIA IN
JUNIOR HIGH SCHOOL 1 TANJUNG SARI THAT RECEIVED
NUTRITIONAL INTERVENTION IN SOUTH LAMPUNG**

By

Gemayangsura

Anemia can have long-term effects for adolescent girls, such as increasing the risk of stunted fetal growth and giving birth to premature babies. Anemia can be overcome by providing nutritional interventions. The aimed of this study was to see changes in knowledge, attitudes, food intake and hemoglobin levels after being given a nutrition education intervention at SMPN 1 Tanjung Sari, South Lampung Regency.

The type of research used is quassy experimental with one group pretest and posttest design. This research was conducted at SMPN 1 Tanjung Sari in January – June 2022. The research subjects were 38 female students with anemia, the nutritional intervention consisted of nutrition intake supervision by mothers and teachers and Fe supplements and nutritional education about nutrition and anemia for 6 months. week. Mothers and teachers received training of trainers on anemia and nutrition once. Data were collected by measuring hb with venous blood and questionnaires to assess attitudes and knowledge and SQ-FFQ to assess iron intake. The data obtained were analyzed by paired T-test.

The results showed that statistically there were differences in knowledge, attitudes, iron intake and hemoglobin levels, which were significant before and after being given nutritional intervention for 6 weeks with a p value of 0.000 ($p < 0.05$). Based on the research, it was found an increase in knowledge, attitudes, iron intake and hemoglobin levels in anemic adolescent girls who received nutritional interventions in the form of nutrition education, nutrition intake supervision by parents and teachers and giving Fe supplements.

Keyword: adolescent girl, anemia, nutrition intervention