

ABSTRAK

ANALISIS FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU ASUPAN SUMBER ZAT BESI PADA REMAJA PUTRI ANEMIA DI SMKN TANJUNG SARI KABUPATEN LAMPUNG SELATAN

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ZAKIAH

Remaja putri termasuk salah satu kelompok yang rawan menderita anemia. WHO menyebutkan 50 % penyebab anemia adalah defisiensi zat besi. Penelitian ini bertujuan menganalisis faktor-faktor perilaku asupan sumber zat besi pada remaja putri anemia di SMKN Tanjung Sari Kabupaten Lampung Selatan. Jenis penelitian ini adalah kuantitatif menggunakan metode studi kasus dengan pendekatan *cross sectional*. Sampel penelitian sebanyak 41 sampel, menggunakan teknik total sampling. Penelitian telah dilaksanakan pada bulan Januari s.d bulan Juni 2022. Analisis data dilakukan secara univariat, bivariat, dan multivariat. Hasil penelitian diketahui variabel independen dengan penilaian menggunakan lembar observasi kuesioner adalah pengetahuan remaja kurang baik sebanyak 87,8%, sikap remaja negatif sebanyak 53,7%, pengetahuan ibu kurang baik sebanyak 92,7% sikap ibu positif sebanyak 56,1%, dukungan sosial teman sebaya kurang baik sebanyak 78,0% serta ketersediaan sumber zat besi keluarga tidak cukup sebanyak 92,7% dinilai menggunakan *form household food record*. Pada variabel independen yaitu perilaku asupan sumber zat besi dengan penilaian *SQ-FFQ*, responden tidak cukup sebanyak 85,4%. Hasil bivariat menunjukkan tidak ada hubungan faktor pengetahuan remaja ($p= 0.5589$), sikap remaja ($p= 0.772$), ketersediaan sumber zat besi keluarga ($p= 1.000$), dukungan sosial teman sebaya ($p = 0.662$) dan terdapat hubungan sikap ibu ($p=0,012$) dan perilaku ibu ($p=0,030$) dengan perilaku asupan sumber zat besi pada remaja putri anemia di SMKN Tanjung Sari Lampung Selatan. Faktor dominan perilaku asupan sumber zat besi remaja putri anemia adalah sikap ibu.

Kata Kunci: Anemia, Remaja Putri, Perilaku Asupan Sumber Zat Besi

ABSTRACT

ANALYSIS OF FACTORS RELATED TO BEHAVIOR OF IRON SOURCES INTAKE IN ANEMIC ADOLESCENT GIRLS AT SMKN TANJUNG SARI OF SOUTH LAMPUNG REGENCY

By

ZAKIAH

Adolescent girls are one of the groups that are prone to anemia. WHO mention 50% of the causes of anemia are iron deficiency. The purpose of this study was to analyze the behavioral factors of iron intake in anemic adolescent girls in SMKN Tanjung Sari at South Lampung Regency. This type of research is quantitative using the case study method with a cross sectional approach. The study sample was 41 samples, using the total sampling technique. The research has been carried out at SMKN Tanjung Sari from January to June 2022. Data collection used observation sheets and the data analysis was univariate, bivariate, and multivariate. The results of the study found that independent variables with an assessment using the questionnaire observation sheet were poor adolescent knowledge as much as 87.8%, negative adolescent attitudes as much as 53.7%, poor maternal knowledge as much as 92.7% positive maternal attitudes as much as 56.1%, poor peer social support as much as 78.0% and insufficient family iron source availability as much as 92.7% assessed using the household food record form. In the independent variable, namely the behavior of iron source intake with the assessment of SQ-FFQ, respondents was not enough as much as 85.4%. The bivariate results showed no relationship between adolescent knowledge factors ($p= 0.5589$), adolescent attitudes ($p= 0.772$), availability of family iron sources ($p= 1,000$), peer social support ($p = 0.662$) and there was a relationship between maternal attitudes ($p= 0.012$) and maternal behavior ($p= 0.030$) with iron source intake behavior in anemic adolescent girls at SMKN Tanjung Sari Lampung Selatan. The dominant behavioral factor of iron source intake of adolescent girls is the attitude of the mother.

Keywords: Anemia, Adolescent Girls, Iron Source Intake Behavior