

UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
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PROGRAM STUDI S1 ILMU KEPERAWATAN

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HUBUNGAN POLA MAKAN DENGAN KEJADIAN ANEMIA PADA
REMAJA PUTRI DI PONDOK PESANTREN MATHLAUL KHAER
CINTAPADA KOTA TASIKMALAYA TAHUN 2023

ABSTRAK

xiv bagian awal + 63 halaman + 7 tabel + 2 bagan + 13 lampiran

Latar Belakang: Masalah Kesehatan gizi anemia pada remaja putri masih tinggi. lebih dari 20% penduduk Indonesia menderita anemia, menurut *World Health Organization* (WHO), tingkat prevalensi anemia berkisar antara 40 hingga 88% didunia. Anemia disebabkan oleh beberapa faktor, termasuk ketidakseimbangan antara asupan dan kecukupan nutrisi, pola makan yang tidak memadai dan kurangnya asupan zat besi. **Tujuan:** mengetahui hubungan pola makan dengan kejadian anemia pada remaja putri di Pondok Pesantren Mathlaul Khaer Cintapada. **Metode:** penelitian ini bersifat deksriptif kolesional sebanyak 63 responden dengan menggunakan kuesioner dan alat cek Hb digital *easy touch*. **Hasil:** dari 63 remaja putri, responden yang memiliki pola makan buruk sebanyak 38 (60,3%) orang dengan 29 (76,3%) orang anemia dan 9 orang (23,7%) tidak mengalami anemia. Hasil uji *chi-square* menunjukkan nilai *p-value* 0.000 (<0.05). **Kesimpulan:** terdapat hubungan antara pola makan dengan kejadian anemia di Pondok Pesantren Mathlaul Khaer Cintapada. **Saran:** pondok pesantren dapat menetapkan aturan dan menyediakan menu makan sesuai kebutuhan gizi santri serta edukasi pentingnya pola makan yang baik untuk mencegah terjadinya masalah kesehatan anemia.

Kata Kunci : Pola makan, anemia, remaja putri
Kepustakaan : 53 (2015-2022)

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**RELATION OF EATING PATTERNS WITH THE EVENT OF ANEMIA IN
YOUNG WOMEN IN PONDOK PESANTREN MATHLAUL KHAER
CINTAPADA TASIKMALAYA CITY DISTRICT 2023**

ABSTRACT

xiv home page + 63 pages + 7 tabel + 2 chart + 13 attachment

Backgrounds: Teenage girls' anemia continues to be a serious nutritional health issue. The World Health Organization (WHO) estimates that anemia affects between 40 and 88% of people worldwide, and that it affects more than 20% of adolescent girls in Indonesia. Due to inadequate food and insufficient iron intake, anemia is a complex condition where there is an imbalance between nutrient intake and nutritional adequacy. **Objective:** This study aims to ascertain how diet and the prevalence of anemia in teenage girls in Pondok Pesantren Mathlaul Khaer Cintapada related to one another. **Method:** This type of research is descriptive correlational with 63 respondents using a questionnaire and easy touch digital Hb examination. **Result:** The results of research that of 63 adolescent girls, 38 (60.3%) reported having a poor diet and anemia, compared to 29 (76.3%) and 9 respondents (23.7%), who did not. The chi-square test findings revealed a p-value of 0.000 (0.05) for the analysis. **Conclusion:** there is a relationship between diet and the prevalence of anemia at the Mathlaul Khaer Cintapada Islamic Boarding School. **Suggestion:** Islamic boarding schools can establish policies and provide a food tailored to each student's nutritional requirements. They can also educate students on the value of a healthy diet and how it can help prevent anemia-related health issues.

Keywords : Diet, anemia, adolescent girls
Literatur : 51 (2015-2022)