

## Konsumsi Bahan Makanan Hewani Dan Tingkat Kecukupan Zat Besi Pada Remaja Obesitas Di SMA Institut Indonesia Kota Semarang

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Obesitas merupakan masalah yang cukup memprihatinkan di kalangan remaja. Salah satu faktor yang dapat mempengaruhi obesitas yaitu konsumsi bahan makanan hewani yang tinggi energi dan lemak. Prevalensi obesitas di Kota Semarang pada penduduk usia 15 tahun keatas yaitu 18,9% (laki-laki 11,5% dan perempuan 26,1%). Tujuan penelitian untuk mengetahui konsumsi bahan makanan hewani dan tingkat kecukupan zat besi pada remaja obesitas di SMA Institut Indonesia Kota Semarang.

Penelitian ini adalah penelitian deskriptif, dengan teknik pengambilan sampel *Purposive Sampling*. Sampel yang diteliti sebanyak 30 orang. Data konsumsi bahan makanan hewani diukur menggunakan *Food Frequency Questioner* dan tingkat kecukupan zat besi diukur menggunakan *Semi Quantitatif Food Frequency Questioner*.

Hasil penelitian menunjukkan sebagian besar subjek penelitian berjenis kelamin perempuan 56,7% dan berusia 15 tahun (60%). Frekuensi konsumsi bahan makanan hewani termasuk kategori biasa (3-4x/minggu) yaitu 66,7%. Jenis bahan makanan hewani yang dikonsumsi yaitu ikan dan hasil olahannya, daging, telur dan hasil olahannya, susu dan hasil olahannya, dari bahan makanan tersebut yang mengandung zat besi yang sering dikonsumsi yaitu daging ayam dan telur ayam sebanyak 100%. Rata-rata asupan zat besi sebanyak  $17,28 \pm 12,66$  mg. Tingkat kecukupan zat besi termasuk kategori kurang yaitu sebanyak 60%.

**Kata Kunci** : Bahan Makanan Hewani, Obesitas, Remaja, Tingkat Kecukupan Zat Besi

## Consumption of Animal Food Intake And Iron Adequacy Levels Among Adolescents Obesity In High School Institute Indonesia Semarang City

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Obesity is a problem that is quite alarming among teenagers. One of the factors that can affect obesity is the consumption of animal foods that are high in energy and fat. The prevalence of obesity in the city of Semarang in the population aged 15 years and over is 18.9% (male 11.5% and female 26.1%). The aim of the study was to determine the consumption of animal food ingredients and the level of iron adequacy in obese adolescents at the Semarang Institute of Senior High School in Semarang City.

This research is a descriptive research, with purposive sampling technique. The sample studied was 30 people. Data on animal food consumption was measured using Food Frequency Questioners and the level of iron adequacy was measured using a Semi Quantitative Food Frequency Questioner.

The results showed that most of the research subjects were 56.7% female and 15 years old (60%). The frequency of consumption of animal food ingredients is the usual category (3-4x / week) which is 66.7%. The type of animal food consumed is fish and their processed products, meat, eggs and their processed products, milk and their processed products, from which these foods contain iron which is often consumed, namely chicken meat and chicken eggs as much as 100%. The average iron intake was  $17.28 \pm 12.66$  mg. The level of iron adequacy is categorized as lacking as much as 60%.

**Keywords:** Animal Food Intake, Obesity, Teenagers, Iron Adequacy Levels.