

ABSTRACT

THE RELATION BETWEEN CONSUMING INSTANT NOODLE AND IRON SUBSTANCE ADEQUACY LEVELS WITH ADOLESCENT HEMOGLOBIN LEVELS IN ISLAMIC BOARDING SCHOOL OF DARRUL QUR'AN SEMARANG CITY

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Young women are more prone to experience a deficiency in hemoglobin levels or anemia. Based on data from the Basic Health Research (Riskesdas) in 2013, 22.7% of young women experienced anemia. Lack of hemoglobin levels can occur due to less nutrient intake, especially iron as one of the foods is instant noodles. This study aims to determine the relation between consuming instant noodles and the level of iron adequacy with hemoglobin levels of young women at Darrul Qur'an Islamic Boarding School in Semarang City.

This type of research is explanatory research. The sampling was using a purposive sampling technique with a sample of 25 young women. Data on consuming instant noodles was obtained using SQ-FFQ by interview method, data on the level of iron adequacy was obtained using Food Recall 24 Hours with the interview method, and data on hemoglobin levels were analyzed using a hematology analyzer. Hypothesis testing was analyzed using Rank Spearman test.

The average frequency of consuming instant noodles is 3 ± 1.41 times / week, the average amount of consuming instant noodles is 29.3 ± 29.07 gram, the average level of iron adequacy is $32.6 \pm 26.13\%$, and the average hemoglobin level is 13.5 ± 2.27 mg / dl. Young women who often consume instant noodles is 48%, consuming with a large number is 60% and young women who has a low level of iron adequacy is 80%. There is a correlation between the frequency of consumption of instant noodles with hemoglobin levels ($p = 0.028 < 0.05$). There is a correlation between the amount of consuming instant noodle and hemoglobin level ($p = 0.0 < 0.05$). There was a correlation between the level of iron adequacy and hemoglobin levels ($p = 0.0 < 0.05$).

Keywords: Hemoglobin Levels, Instant Noodles, Iron, Young Women