

ABSTRAK

Tingkat Kecukupan Zat Besi dan Vitamin C Pada Remaja Putri di Pondok Pesantren Sirotholmustaqim Simongan Kota Semarang

Inna Rizky¹, Agus Sartono², Luthfia Dewi³,
^{1,2,3}Program Studi D III Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang.

Anemia gizi besi merupakan salah satu masalah gizi yang sampai saat ini belum dapat ditanggulangi secara tuntas. Masalah ini banyak diderita oleh kelompok umur rawan gizi, termasuk remaja putri. Data Dinas Kesehatan Provinsi Jawa Tengah menunjukkan 50% remaja putri di Jawa Tengah menderita Anemia Gizi. Anemia gizi berhubungan dengan banyak factor, diantaranya tingkat kecukupan zat besi dan vitamin C. Penelitian ini bertujuan untuk mengetahui tingkat kecukupan zat besi dan vitamin C remaja putri, di Pondok Pesantren Sirotholmustaqim Simongan Kota Semarang.

Jenis penelitian deskriptif dengan sampel sebanyak 38 remaja putri di Pondok Sirotholmustaqim simongan Kota Semarang. Teknik pengambilan sampel menggunakan *simple random sampling* sesuai dengan kriteria sampel yang sudah ditentukan. Kriteria untuk pemilihan sampel adalah bersedia menjadi reponden, berjenis kelamin perempuan, berumur 15-21 tahun, terdaftar sebagai siswi pondok. Tingkat kecukupan zat besi dan vitamin C diukur dengan metode recall 3 x 24 jam. Hasil recall dibanding dengan AKG individu dikalikan 100%.

Hasil penelitian menunjukkan bahwa 30 orang (78.9%) remaja putri yang diteliti termasuk kedalam kategori remaja akhir. Rata-rata tingkat kecukupan zat besi remaja putri di Pondok Pesantren Sirotholmustaqim adalah $91.55 \pm 29.02\%$ AKG. Ditemukan 31 remaja putri (81,6%) yang memiliki tingkat kecukupan zat besi kurang. Rata-rata tingkat kecukupan vitamin C remaja putri di Pondok Sirotholmustaqim adalah $78.04 \pm 55.7\%$ AKG. Ditemukan 25 remaja putri (65.8%) yang memiliki tingkat kecukupan vitamin C dalam kategori kurang

Kata Kunci: Pondok Pesantren, Remaja Putri, Tingkat Kecukupan Zat Besi dan, vitamin C

The Level of Adequacy of Iron and Vitamin C Intake in Adolescent Girls in the Sirotholmustaqim Islamic Boarding School in Semarang City

Inna Rizky¹, Agus Sartono², Luthfia Dewi³,

^{1,2,3} Nutrition Science Study Program The Faculty of Nursing and Health University of Muhammadiyah Semarang

The iron nutrient anemia is a nutritional problem which is until now has not been completely overcome. This problem is suffered a lot by nutrition-prone age groups, including young women. In Central Java Provincial Health Office showed that the data is 50% of young women in Central Java suffer from nutritional anemia. The nutritional anemia is associated with many factors, including the iron adequacy level and vitamin C sufficiency. This study aims to determine the level of adequacy iron and vitamin C for young women at the Sirotholmustaqim Islamic Boarding School Semarang.

This research is descriptive nutrition community. The sample in this study amounted to 38 people. The sampling technique uses simple random sampling in accordance with pre-determined sample criteria. The criterion for selecting samples is to be a respondent, there are female, which consisted of 15-21 years old that registered as a female student at Islamic Boarding School. The iron adequacy levels and vitamin C are measured by the 3 x 24 hour recall method. The recall result compared to the individual RDA is multiplied by 100%.

The results showed that the age of young women classified as early adolescents amounted to 8 people (21.8%) and the age of young women classified as late adolescents amounted to 30 people (78.9%). The average level of iron adequacy of young women in Sirotholmustaqim Islamic Boarding School is $16.28 \pm 2.48\%$ Mg. It is found that 31 young women (81.6% RDA) with a category of iron deficiency adequacy level. The average level of vitamin C adequacy for young women in Sirotholmustaqim Islamic boarding school was $31.25 \pm 20.06\%$ Mg. It is found that 25 teenage girls (65.8% RDA) had a vitamin C deficiency adequacy level category.

Keywords: Islamic Boarding School, Teenage girls, Iron Adequacy Level, Vitamin C