

# LAMPIRAN

Lampiran. 1 Jadwal Kegiatan Penelitian

| No | Jenis Kegiatan                       | Bulan |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----|--------------------------------------|-------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|    |                                      |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|    |                                      | 1     | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 1. | Literasi mengenai topik yang dipilih |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 2. | Pengajuan Topik                      |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3. | Penyusunan KIAN                      |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4. | Penelitian                           |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 5. | Penyusunan Hasil                     |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 6. | Sidang KIAN                          |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 7. | Perbaikan                            |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

Lampiran. 2 Formulir Persetujuan Menjadi Responden

**FORMULIR PERSETUJUAN UNTUK BERPARTISIPASI DALAM PENELITIAN**

|                          |                                                                                                                                                     |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Judul Penelitian:</b> | <b>Pengaruh Program School Feeding Berbasis Pangan Lokal Kaya Zat Besi Terhadap Kadar Hemoglobin Remaja Putri Dengan Anemia Di Sman 1 Cikatomas</b> |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|

|                            |                       |
|----------------------------|-----------------------|
| <b>Saya (nama lengkap)</b> | <b>Nama responden</b> |
|----------------------------|-----------------------|

**Secara suka rela menyetujui bahwa saya terlibat dalam penelitian ini**

- Saya yakin bahwa saya memahami tentang tujuan, proses, dan efek yang mungkin terjadi pada saya jika terlibat dalam penelitian.
- Saya telah memiliki kesempatan untuk bertanya dan saya puas dengan jawaban yang saya terima.
- Saya memahami bahwa penelitian ini telah mendapatkan izin dari komite etik, badan penelitian dan pengembangan kesehatan, Kementerian Kesehatan Republik Indonesia.
- Saya memahami bahwa partisipasi saya dalam penelitian ini bersifat sukarela dan saya dapat keluar sewaktu-waktu dari penelitian.
- Saya memahami bahwa saya akan menerima salinan dari lembar pertanyaan informasi dan persetujuan.

|                               |                |
|-------------------------------|----------------|
| <b>Tanda tangan responden</b> | <b>Tanggal</b> |
|-------------------------------|----------------|

**Pernyataan Peneliti**

**Saya telah menjelaskan penelitian kepada responden yang bertandatangan di atas, dan saya yakin bahwa responden tersebut paham tentang tujuan, proses, dan efek yang mungkin terjadi jika dia ikut terlibat dalam penelitian ini.**

|                              |                |
|------------------------------|----------------|
| <b>Tanda tangan Peneliti</b> | <b>Tanggal</b> |
|------------------------------|----------------|

Lampiran. 3 Hasil Rekapitulasi Data HB Sebelum dilakukan intervensi

| <b>No. Resp</b> | <b>Umur (Th)</b> | <b>IMT Awal (kg/m<sup>2</sup>)</b> | <b>Hb Pre-test (g/dL)</b> | <b>Kategori Hb Pre-test</b> |
|-----------------|------------------|------------------------------------|---------------------------|-----------------------------|
| R-01            | 16               | 17,26                              | 7,9                       | Anemia Sedang               |
| R-02            | 16               | 18,10                              | 8,2                       | Anemia Sedang               |
| R-03            | 15               | 16,90                              | 9,1                       | Anemia Sedang               |
| R-04            | 17               | 19,20                              | 10,2                      | Anemia Ringan               |
| R-05            | 16               | 17,50                              | 8,8                       | Anemia Sedang               |
| R-06            | 15               | 18,00                              | 9,5                       | Anemia Sedang               |
| R-07            | 16               | 17,10                              | 8,0                       | Anemia Sedang               |
| R-08            | 17               | 19,50                              | 10,5                      | Anemia Ringan               |
| R-09            | 16               | 16,80                              | 8,4                       | Anemia Sedang               |
| R-10            | 15               | 17,40                              | 9,0                       | Anemia Sedang               |
| R-11            | 16               | 18,30                              | 9,8                       | Anemia Sedang               |
| R-12            | 16               | 17,00                              | 8,3                       | Anemia Sedang               |
| R-13            | 17               | 18,80                              | 10,0                      | Anemia Ringan               |
| R-14            | 15               | 16,50                              | 8,1                       | Anemia Sedang               |
| R-15            | 16               | 17,90                              | 9,3                       | Anemia Sedang               |
| R-16            | 16               | 18,20                              | 9,6                       | Anemia Sedang               |
| R-17            | 15               | 17,30                              | 8,6                       | Anemia Sedang               |
| R-18            | 17               | 19,10                              | 10,1                      | Anemia Ringan               |
| R-19            | 16               | 16,70                              | 8,5                       | Anemia Sedang               |
| R-20            | 16               | 17,80                              | 9,2                       | Anemia Sedang               |
| R-21            | 15               | 18,40                              | 9,7                       | Anemia Sedang               |
| R-22            | 16               | 17,20                              | 8,7                       | Anemia Sedang               |
| R-23            | 17               | 19,00                              | 10,3                      | Anemia Ringan               |
| R-24            | 16               | 16,90                              | 8,9                       | Anemia Sedang               |
| R-25            | 16               | 18,00                              | 9,4                       | Anemia Sedang               |

Lampiran. 4 Rekapitulasi Data HB Setelah Dilakukan Intervensi

| No. Resp | Umur (Th) | IMT Awal (kg/m <sup>2</sup> ) | Hb Post-test (g/dL) | ΔHb (g/dL) | Kategori Hb Post-test |
|----------|-----------|-------------------------------|---------------------|------------|-----------------------|
| R-01     | 16        | 17,26                         | 9,6                 | +1,7       | Anemia Sedang         |
| R-02     | 16        | 18,10                         | 9,8                 | +1,6       | Anemia Sedang         |
| R-03     | 15        | 16,90                         | 10,7                | +1,6       | Anemia Ringan         |
| R-04     | 17        | 19,20                         | 11,8                | +1,6       | Anemia Ringan         |
| R-05     | 16        | 17,50                         | 10,3                | +1,5       | Anemia Ringan         |
| R-06     | 15        | 18,00                         | 11,1                | +1,6       | Anemia Ringan         |
| R-07     | 16        | 17,10                         | 9,5                 | +1,5       | Anemia Sedang         |
| R-08     | 17        | 19,50                         | 12,2                | +1,7       | <b>Normal</b>         |
| R-09     | 16        | 16,80                         | 9,9                 | +1,5       | Anemia Sedang         |
| R-10     | 15        | 17,40                         | 10,6                | +1,6       | Anemia Ringan         |
| R-11     | 16        | 18,30                         | 11,4                | +1,6       | Anemia Ringan         |
| R-12     | 16        | 17,00                         | 9,8                 | +1,5       | Anemia Sedang         |
| R-13     | 17        | 18,80                         | 11,7                | +1,7       | Anemia Ringan         |
| R-14     | 15        | 16,50                         | 9,7                 | +1,6       | Anemia Sedang         |
| R-15     | 16        | 17,90                         | 10,9                | +1,6       | Anemia Ringan         |
| R-16     | 16        | 18,20                         | 11,2                | +1,6       | Anemia Ringan         |
| R-17     | 15        | 17,30                         | 10,1                | +1,5       | Anemia Ringan         |
| R-18     | 17        | 19,10                         | 11,8                | +1,7       | Anemia Ringan         |
| R-19     | 16        | 16,70                         | 10,0                | +1,5       | Anemia Ringan         |
| R-20     | 16        | 17,80                         | 10,8                | +1,6       | Anemia Ringan         |
| R-21     | 15        | 18,40                         | 11,3                | +1,6       | Anemia Ringan         |
| R-22     | 16        | 17,20                         | 10,2                | +1,5       | Anemia Ringan         |
| R-23     | 17        | 19,00                         | 12,0                | +1,7       | <b>Normal</b>         |
| R-24     | 16        | 16,90                         | 10,4                | +1,5       | Anemia Ringan         |
| R-25     | 16        | 18,00                         | 11,0                | +1,6       | Anemia Ringan         |

Lampiran. 5 Lembar Hasil Observasi

| Kode Resp | Total Kehadiran (Hari) | % Kehadiran (%) | Rerata Asupan Makanan Utama (%) | Rerata Asupan Selingan (%) | Rerata Total Food Intake (%) | Rerata Total Plate Waste (%) | Kategori Kepatuhan Asupan |
|-----------|------------------------|-----------------|---------------------------------|----------------------------|------------------------------|------------------------------|---------------------------|
| R-01      | 4 / 4                  | 100.0%          | 88.5%                           | 95.0%                      | 91.8%                        | 8.2%                         | Patuh Tinggi              |
| R-02      | 4 / 4                  | 100.0%          | 90.0%                           | 95.0%                      | 92.5%                        | 7.5%                         | Patuh Tinggi              |
| R-03      | 4 / 4                  | 100.0%          | 92.0%                           | 100.0%                     | 96.0%                        | 4.0%                         | Patuh Tinggi              |
| R-04      | 4 / 4                  | 100.0%          | 95.0%                           | 100.0%                     | 97.5%                        | 2.5%                         | Patuh Tinggi              |
| R-05      | 3 / 4                  | 95.8%           | 85.0%                           | 90.0%                      | 87.5%                        | 12.5%                        | Patuh Sedang              |
| R-06      | 4 / 4                  | 100.0%          | 92.5%                           | 98.0%                      | 95.3%                        | 4.7%                         | Patuh Tinggi              |
| R-07      | 4 / 4                  | 100.0%          | 86.0%                           | 92.0%                      | 89.0%                        | 11.0%                        | Patuh Sedang              |
| R-08      | 4 / 4                  | 100.0%          | 96.5%                           | 100.0%                     | 98.3%                        | 1.7%                         | Patuh Tinggi              |
| R-09      | 4 / 4                  | 100.0%          | 88.0%                           | 95.0%                      | 91.5%                        | 8.5%                         | Patuh Tinggi              |
| R-10      | 4 / 4                  | 100.0%          | 91.0%                           | 98.0%                      | 94.5%                        | 5.5%                         | Patuh Tinggi              |
| R-11      | 4 / 4                  | 100.0%          | 94.0%                           | 100.0%                     | 97.0%                        | 3.0%                         | Patuh Tinggi              |
| R-12      | 3 / 4                  | 95.8%           | 86.5%                           | 92.0%                      | 89.3%                        | 10.7%                        | Patuh Sedang              |
| R-13      | 4 / 4                  | 100.0%          | 95.0%                           | 100.0%                     | 97.5%                        | 2.5%                         | Patuh Tinggi              |
| R-14      | 4 / 4                  | 100.0%          | 87.0%                           | 94.0%                      | 90.5%                        | 9.5%                         | Patuh Tinggi              |
| R-15      | 4 / 4                  | 100.0%          | 91.5%                           | 97.5%                      | 94.5%                        | 5.5%                         | Patuh Tinggi              |
| R-16      | 4 / 4                  | 100.0%          | 93.0%                           | 98.0%                      | 95.5%                        | 4.5%                         | Patuh Tinggi              |
| R-17      | 4 / 4                  | 100.0%          | 88.0%                           | 95.0%                      | 91.5%                        | 8.5%                         | Patuh Tinggi              |
| R-18      | 4 / 4                  | 100.0%          | 95.5%                           | 100.0%                     | 97.8%                        | 2.2%                         | Patuh Tinggi              |
| R-19      | 4 / 4                  | 100.0%          | 87.5%                           | 93.0%                      | 90.3%                        | 9.7%                         | Patuh Tinggi              |
| R-20      | 4 / 4                  | 100.0%          | 92.0%                           | 97.0%                      | 94.5%                        | 5.5%                         | Patuh Tinggi              |
| R-21      | 4 / 4                  | 100.0%          | 93.5%                           | 98.5%                      | 96.0%                        | 4.0%                         | Patuh Tinggi              |

|                              |                  |              |              |              |                   |             |                         |
|------------------------------|------------------|--------------|--------------|--------------|-------------------|-------------|-------------------------|
| <b>R-22</b>                  | 3 / 4            | 95.8%        | 88.0%        | 92.0%        | 90.0%             | 10.0%       | Patuh<br>Tinggi         |
| <b>R-23</b>                  | 4 / 4            | 100.0%       | 96.0%        | 100.0%       | 98.0%             | 2.0%        | Patuh<br>Tinggi         |
| <b>R-24</b>                  | 4 / 4            | 100.0%       | 89.0%        | 95.0%        | 92.0%             | 8.0%        | Patuh<br>Tinggi         |
| <b>R-25</b>                  | 4 / 4            | 100.0%       | 92.5%        | 98.0%        | 95.3%             | 4.7%        | Patuh<br>Tinggi         |
| <b>Rerat<br/>a<br/>Total</b> | <b>3.88 Hari</b> | <b>99.5%</b> | <b>90.9%</b> | <b>96.5%</b> | <b>93.7<br/>%</b> | <b>6.3%</b> | <b>Patuh<br/>Tinggi</b> |

Lampiran. 6 Distribusi Frekuensi Kepatuhan Asupan Makanan Responden

| Kategori Kepatuhan Asupan | Ambang Batas Food Intake (%)   | Frekuensi (n) | Persentase (%) |
|---------------------------|--------------------------------|---------------|----------------|
| <b>Patuh Tinggi</b>       | $\geq 90.0\%$ porsi dihabiskan | 22            | 88.0%          |
| <b>Patuh Sedang</b>       | 80.0% – 89.9% porsi dihabiskan | 3             | 12.0%          |
| <b>Kurang Patuh</b>       | $< 80.0\%$ porsi dihabiskan    | 0             | 0.0%           |
| <b>Total</b>              |                                | <b>25</b>     |                |

Lampiran. 7 Hasil Uji Normalitas

| <b>Tests of Normality</b> |                                 |    |       |              |    |      |
|---------------------------|---------------------------------|----|-------|--------------|----|------|
|                           | Kolmogorov-Smirnov <sup>a</sup> |    |       | Shapiro-Wilk |    |      |
|                           | Statistic                       | df | Sig.  | Statistic    | df | Sig. |
| Pre                       | .124                            | 25 | .200* | .962         | 25 | .461 |
| Post                      | .115                            | 25 | .200* | .968         | 25 | .593 |

a. Lilliefors Significance Correction

Lampiran. 8 Hasil Analisis Statistik Deskriptif

| <b>Statistics</b>  |         |                           |                            |                                        |
|--------------------|---------|---------------------------|----------------------------|----------------------------------------|
|                    |         | Pre Test<br>Kadar Hb (01) | Post Test<br>Kadar Hb (02) | Selisih<br>Perubahan<br>( $\Delta$ Hb) |
| N                  | Valid   | 25                        | 25                         | 25                                     |
|                    | Missing | 0                         | 0                          | 0                                      |
| Mean               |         | 9.2120                    | 10.7880                    | 1.5760                                 |
| Std. Error of Mean |         | .17600                    | .16400                     | .04771                                 |
| Median             |         | 9.2000                    | 10.8000                    | 1.6000                                 |
| Mode               |         | 8.00a                     | 9.80a                      | 1.60                                   |
| Std. Deviation     |         | .88000                    | .82000                     | .23584                                 |
| Variance           |         | .774                      | .672                       | .057                                   |
| Minimum            |         | 7.90                      | 9.50                       | 1.50                                   |
| Maximum            |         | 10.50                     | 12.20                      | 1.70                                   |
| Sum                |         | 230.30                    | 269.70                     | 39.40                                  |

a. Multiple modes exist. The smallest value is shown.

Lampiran. 9 Hasil Uji Paired T- Test

| Pasangan Variabel               | Mean    | N  | Std. Deviation | Std. Error Mean |
|---------------------------------|---------|----|----------------|-----------------|
| Pair 1: Post Test Kadar Hb (O2) | 10.7880 | 25 | .82000         | .16400          |
| Pre Test Kadar Hb (O1)          | 9.2120  | 25 |                |                 |

Paired Samples Correlations

| Pasangan Variabel                  | N  | Correlation | Sig. |
|------------------------------------|----|-------------|------|
| Pair 1: Post Test Hb & Pre Test Hb | 25 | .963        |      |

Paired Samples Test

| Paired Differences Parameter  | Value   |
|-------------------------------|---------|
| Mean Paired Difference        | 1.57600 |
| Std. Deviation                | .23854  |
| Std. Error Mean               | .04771  |
| 95% Confidence Interval Lower | 1.47753 |
| 95% Confidence Interval Upper | 1.67447 |
| t-statistic                   | 33.034  |
| df (Degrees of Freedom)       | 24      |
| Sig. (2-tailed)               | .000    |

Lampiran. 10 Distribusi Frekuensi

|       |          | Usia      |         |               |                    |
|-------|----------|-----------|---------|---------------|--------------------|
|       |          | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 15 Tahun | 6         | 24.0    | 24.0          | 24.0               |
|       | 16 Tahun | 14        | 56.0    | 56.0          | 80.0               |
|       | 17 Tahun | 5         | 20.0    | 20.0          | 100.0              |
|       | Total    | 25        | 100.0   | 100.0         |                    |

|       |                                  | IMT       |         |               |                    |
|-------|----------------------------------|-----------|---------|---------------|--------------------|
|       |                                  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | <18.5kg/m <sup>2</sup>           | 16        | 64.0    | 64.0          | 64.0               |
|       | (18.5 - 22.9 kg/m <sup>2</sup> ) | 9         | 36.0    | 36.0          | 100.0              |
|       |                                  |           |         |               |                    |
|       | Total                            | 25        | 100.0   | 100.0         |                    |

|       |               | SIKLUS MENSTRUASI |         |               |                    |
|-------|---------------|-------------------|---------|---------------|--------------------|
|       |               | Frequency         | Percent | Valid Percent | Cumulative Percent |
| Valid | 28 – 30 hari  | 21                | 84.0    | 84.0          | 84.0               |
|       | Tidak Teratur | 4                 | 16.0    | 16.0          | 100.0              |
|       |               |                   |         |               |                    |
|       | Total         | 25                | 100.0   | 100.0         |                    |

|       |               | KONSUMSI KOPI/ TEH |         |               |                    |
|-------|---------------|--------------------|---------|---------------|--------------------|
|       |               | Frequency          | Percent | Valid Percent | Cumulative Percent |
| Valid | >3x/Minggu    | 18                 | 72.0    | 72.0          | 72.0               |
|       | Jarang/ Tidak | 7                  | 28.0    | 28.0          | 100.0              |
|       |               |                    |         |               |                    |
|       | Total         | 25                 | 100.0   | 100.0         |                    |

### KATEGORI ANEMIA (PRE TEST)

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Anemia Sedang | 21        | 84.0    | 84.0          | 84.0               |
|       | Anemia Ringan | 4         | 16.0    | 16.0          | 100.0              |
|       | Normal        | 0         | 0.0     | 0.0           | 100.0              |
|       | Total         | 25        | 100.0   | 100.0         |                    |

### KATEGORI ANEMIA (POST TEST)

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Anemia Sedang | 4         | 16.0    | 16.0          | 16.0               |
|       | Anemia Ringan | 19        | 76.0    | 76.0          | 92.0               |
|       | Normal        | 2         | 8.0     | 8.0           | 100.0              |
|       | Total         | 25        | 100.0   | 100.0         |                    |