

PROGRAM STUDI KEBIDANAN (S1)
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH 2026
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HUBUNGAN POLA MAKAN DENGAN KEJADIAN ANEMIA PADA
REMAJA PUTRI DI SMP MUHAMMADIYAH GARUT TAHUN 2026

ABSTRAK

Latar Belakang: Anemia termasuk masalah kesehatan yang rentan dialami remaja putri akibat peningkatan kebutuhan zat besi saat pertumbuhan dan menstruasi. Pola makan yang kurang tepat berpotensi kurangi atau minimalkan kadar hemoglobin (Hb) dan sebabkan anemia. **Tujuan:** Secara komprehensif atau rinci hubungan pola makan dengan kejadian anemia pada remaja putri di SMP Muhammadiyah Garut Tahun 2026. **Metode:** Penelitian kuantitatif analitik observasional dengan pendekatan cross-sectional. Populasi penelitian adalah seluruh siswi aktif kelas VII–IX SMP Muhammadiyah Garut. Teknik pengambilan sampel memanfaatkan total sampling ($n = 25$). Data pola makan diperoleh berdasarkan kuesioner Food Frequency Questionnaire (FFQ), sedangkan kejadian anemia diukur berdasarkan kadar Hb kapiler memanfaatkan alat HemoCue (anemia jika $Hb < 12$ g/dL). Analisis data memanfaatkan uji Chi-square ($\alpha = 0,05$). **Hasil:** Sebagian besar responden terdapat pola makan baik (64,0%) dan tidak alami kondisi anemia (56,0%). Namun, prevalensi anemia masih cukup tinggi yaitu 44,0%. Analisis bivariat perlihatkan atau gambarkan adanya hubungan yang signifikan antara pola makan dengan kejadian anemia ($p = 0,033$; $OR = 10,5$). Remaja putri dengan pola makan kurang baik berisiko 10,5 kali lebih besar alami kondisi anemia. **Kesimpulan:** Terdapat hubungan yang signifikan antara pola makan dengan kejadian anemia pada remaja putri di SMP Muhammadiyah Garut Tahun 2026. Diperlukan penguatan edukasi gizi seimbang serta optimalisasi program Usaha Kesehatan Sekolah (UKS) dan Pemberian Tablet Tambah Darah (TTD).

Kata Kunci: Anemia, Kadar Hemoglobin, Pola Makan, Remaja Putri.

MIDWIFERY STUDY PROGRAM (BACHELOR DEGREE)
FACULTY OF HEALTH SCIENCES, GALUH UNIVERSITY 2026
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THE CORRELATION BETWEEN DIETARY PATTERNS AND THE
INCIDENCE OF ANEMIA AMONG ADOLESCENT GIRLS AT SMP
MUHAMMADIYAH GARUT IN 2026

ABSTRACT

Background: Anemia remains a prevalent health problem among adolescent girls due to increased iron requirements during growth and regular blood loss through *Masa haid*. Improper dietary patterns potentially reduce hemoglobin (Hb) levels and trigger anemia. **Objective:** To analyze the correlation between dietary patterns and the incidence of anemia among adolescent girls at SMP Muhammadiyah Garut in 2026. **Methods:** This was a quantitative observational analytic study using a cross-sectional approach. The study population comprised all active female students in grades VII–IX at SMP Muhammadiyah Garut. Sampling was conducted using a total sampling technique ($n = 25$). Dietary pattern data were collected using a Food Frequency Questionnaire (FFQ), while anemia incidence was assessed based on capillary blood Hb levels using a HemoCue device (anemia defined as $Hb < 12$ g/dL). Data were analyzed using the Chi-square test ($\alpha = 0.05$). **Results:** The majority of respondents had good dietary patterns (64.0%) and were non-anemic (56.0%). However, the prevalence of anemia remained high at 44.0%. Bivariate analysis demonstrated a significant correlation between dietary patterns and the incidence of anemia ($p = 0.033$; $OR = 10.5$). Adolescent girls with poor dietary patterns were 10.5 times more likely to experience anemia compared to those with good dietary patterns. **Conclusion:** There is a significant correlation between dietary patterns and the incidence of anemia among adolescent girls at SMP Muhammadiyah Garut in 2026. Strengthened balanced nutrition education and the optimization of School Health Unit (UKS) programs, as well as Iron-Folic Acid (IFA) supplementation, are strongly recommended.

Keywords: Anemia, Hemoglobin Levels, Dietary Patterns, Adolescent Girls.