ABSTRAK

Anemia merupakan kondisi ketika kadar hemoglobin dalam tubuh di bawah batas normal atau <12 mg/dL akibat kekurangan zat besi. Tujuan penelitian ini untuk mengetahui hubungan asupan zat besi dengan kejadian anemia pada mahasiswi Fakultas Farmasi, Universitas Sanata Dharma, Yogyakarta. Jenis penelitian ini adalah observasional analitik dengan pendekatan *cross sectional*. Pembagian subjek penelitian secara *simple random sampling* dan memenuhi kriteria inklusi dengan jumlah subjek penelitian yang ikut serta sebanyak 203. Data asupan zat besi diperoleh dari formulir *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) yang dikonversi dari satuan Ukuran Rumah Tangga (URT) ke gram dengan buku foto makanan Kemenkes RI. Asupan zat besi dihitung dengan *software* NutriSurvey dan dibandingkan dengan Angka Kecukupan Gizi (AKG) Permenkes RI. Data hemoglobin didapatkan dari hasil pemeriksaan darah rutin. Hasil univariat menunjukkan kadar hemoglobin dominan cukup pada 169 subjek penelitian dan jumlah asupan zat besi dominan kurang pada 176 subjek penelitian. Analisis hubungan antar variabel menggunakan *chi-square test*. Hasil penelitian menunjukkan bahwa responden yang kekurangan asupan zat besi 2,778 kali lebih berisiko mengalami anemia dibandingkan responden yang cukup zat besinya (OR = 2,778; 95% CI = 0,626-12,329; *p-value* = 0,266). Berdasarkan hasil yang telah diperoleh dapat disimpulkan bahwa tidak terdapat hubungan yang signifikan terkait asupan zat besi dengan kejadian anemia pada Mahasiswi di Fakultas Farmasi Universitas Sanata Dharma Yogyakarta.

Kata kunci: anemia, mahasiswi, SQ-FFQ, zat besi

ABSTRACT

Anemia is a condition when the level of hemoglobin levels in the body are below normal limits or <12 mg/dL due to iron deficiency. The purpose of this study was to determine the relationship between iron intake and the incidence of anemia in female students of the Faculty of Pharmacy, Sanata Dharma University, Yogyakarta. The type of research used analytic observational with a cross-sectional approach. The distribution of research subjects was carried out by simple random sampling and met the inclusion criteria with the number of research subjects participating as many as 203. Iron intake data was obtained from the Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ) form data which was then converted from household size units to gram units with the food photo book of the Ministry of Health of the Republic of Indonesia. Iron intake was calculated with NutriSurvey software and compared with the nutrition adequacy rate of the Permenkes Republic of Indonesia. Hemoglobin data were obtained from routine blood tests. Univariate results showed that hemoglobin levels were mostly normal in 169 study subjects and iron intake was mostly deficient in 176 study subjects. The process of analyzing the relationship between variables using the chi-square test. The results showed that people who were deficient in iron intake were 2.778 times more at risk of anemia than people who were sufficient in iron (OR = 2,778; 95% CI = 0,626-12,329; p-value of 0,266). Based on the results obtained, it can be concluded that there is no significant relationship between iron intake and the incidence of anemia in female students at the Faculty of Pharmacy, Sanata Dharma University Yogyakarta.

Keywords: anemia, female college students, SQ-FFQ, iron