

ABSTRAK

Latar belakang: Anemia merupakan salah satu masalah gizi yang sering dihadapi oleh negara berkembang dan di Indonesia prevalensinya termasuk cukup tinggi. Pengetahuan merupakan salah satu aspek yang berperan dalam membentuk perilaku makan seseorang. Remaja yang tinggal di pondok pesantren rentan mengalami stres karena jadwal yang padat dan apabila gagal dalam menyesuaikan diri dapat mengalami gangguan makan yang berdampak pula pada status gizi. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan tentang anemia, gangguan makan, dan status gizi dengan kadar hemoglobin pada remaja putri di Pondok Pesantren Krapyak DIY. **Metode:** Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross-sectional*. Pengambilan sampel menggunakan teknik *Purposive Sampling* dengan besar sampel 122 anak. Data diperoleh dari hasil kuesioner pengetahuan tentang anemia dan kuesioner *Eating Attitude Test-26* (EAT-26), serta data pengukuran berat badan, tinggi badan, dan lingkar perut. Analisis statistik menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji korelasi. **Hasil:** Sebagian besar (78%) remaja putri memiliki kadar hemoglobin normal. Uji korelasi menunjukkan adanya hubungan antara pengetahuan anemia dengan kadar hemoglobin ($p=0,004$) dan gangguan makan dengan status gizi ($p=0,003$). Tidak terdapat hubungan yang signifikan antara gangguan makan dengan kadar hemoglobin ($p=0,226$), status gizi (IMT/U) dengan kadar hemoglobin ($p=0,055$), dan status obesitas dengan kadar hemoglobin ($0,223$). **Kesimpulan:** Terdapat hubungan antara pengetahuan tentang anemia dengan kadar hemoglobin dan gangguan makan dengan status gizi pada remaja putri.

Kata kunci : Kadar hemoglobin, pengetahuan, gangguan makan, status gizi

ABSTRACT

Background: Anemia is a nutritional problem that is often faced by developing countries and its prevalence in Indonesia is relatively high. Knowledge is one aspect that plays a role in establishing eating behavior. Adolescents who live in the Islamic boarding school are prone to experiencing stress because of a busy schedule and if they fail to adapt to their environment, they can experience eating disorders which can also have an impact on nutritional status. **Objective:** To determine the relationship between knowledge about anemia, eating disorders, and nutritional status with hemoglobin levels in adolescent girls at Pondok Pesantren Krapyak DIY. **Method:** This study was an analytic observational study with a cross-sectional design. The sampling technique used was purposive sampling with number of samples of 122 girls. The data used were primary data obtained from direct anthropometric measurements and from the result of the knowledge questionnaire and the Eating Attitude Test-26 (EAT-26) questionnaire. Data were analyzed using correlation tests. **Results:** There was a relationship between knowledge of anemia and hemoglobin levels ($p=0,000$) and eating disorders with nutritional status ($p=0,003$). There was no significant relationship between eating disorders and hemoglobin levels ($p=0,226$), nutritional status (BMI/U) and hemoglobin levels ($p=0,055$), and obesity status with hemoglobin levels ($p=0,223$). **Conclusions:** There is a relationship between knowledge about anemia with hemoglobin levels and eating disorders with nutritional status in adolescent girls.

Keywords: haemoglobin level, knowledge, eating disorders, nutritional status