

## ABSTRAK

### HUBUNGAN *DIETARY DIVERSITY* DAN TINGKAT KECUKUPAN ASUPAN ENERGI DAN PROTEIN DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMA ALI MAKSUM KRAPYAK YOGYAKARTA

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**Latar Belakang :** Data dari Riskesdas 2018 menyebutkan bahwa kejadian anemia pada remaja putri mengalami peningkatan dari 37,1% pada tahun 2013 menjadi 48,9% pada tahun 2018. Di Yogyakarta sendiri angka kejadian anemia mencapai angka 19,3 %. Disebutkan dalam penelitian bahwa faktor langsung yang mempengaruhi kejadian anemia adalah kurangnya asupan zat besi. Peningkatan penyerapan zat besi didapatkan dari tercukupinya asupan energi dan protein individu. Faktor yang mempengaruhi kecukupan asupan energi dan protein individu salah satunya dilihat dari *dietary diversity* atau keanekaragaman asupan makan individu.

**Tujuan :** Mengetahui hubungan *dietary diversity*, tingkat kecukupan energi dan protein dengan kejadian anemia pada remaja putri.

**Metode :** Penelitian menggunakan metode observasional dengan desain *cross-sectional* pada 163 responden perempuan di SMA Ali Maksum Krapyak Yogyakarta. Penentuan subjek menggunakan metode total sampling. Pengambilan data dilakukan pada bulan Desember 2021 hingga Januari 2022. Data penelitian diperoleh menggunakan recall 1x24 jam dan formulir *dietary diversity score* (DDS) yang diisi oleh peneliti berdasarkan data dari recall 24 jam. Uji statistik yang digunakan pada penelitian ini menggunakan uji *spearman*.

**Hasil :** Sebanyak 20,2% responden mengidap anemia. Terdapat hubungan antara *dietary diversity* dengan tingkat kecukupan energi ( $p=0,000$ ;  $r=0,297$ ), protein ( $p=0,000$ ;  $r=0,344$ ), dan kejadian anemia ( $0,001$ ;  $r=0,260$ ). Terdapat hubungan antara tingkat kecukupan energi ( $p=0,000$ ;  $r=0,503$ ), protein ( $p=0,000$ ;  $r=0,524$ ) dengan kejadian anemia.

**Kesimpulan :** Terdapat hubungan antara *dietary diversity* dengan tingkat kecukupan energi dan protein. Terdapat hubungan antara tingkat kecukupan energi dan protein dengan kejadian anemia. Terdapat hubungan antara *dietary diversity* dengan kejadian anemia.

**Kata Kunci:** *Dietary diversity*, keanekaragaman asupan makanan, asupan energi, asupan protein, anemia

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## ABSTRACT

### THE RELATIONSHIP OF DIETARY DIVERSITY AND ADEQUACY LEVEL OF ENERGY AND PROTEIN INTAKE WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRL AT ALI MAKSUM SENIOR HIGH SCHOOL KRAPYAK YOGYAKARTA

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**Background:** Data from *Riskesdas* 2018 states that the incidence of anemia in adolescent girls has increased from 37.1% in 2013 to 48.9% in 2018. In Yogyakarta, the incidence of anemia reached 19.3%. It is stated in the study that the direct factor that affects the incidence of anemia is the lack of iron intake. The increase in iron absorption is obtained from an individual's adequate intake of energy and protein. One of the factors that affect the adequacy of an individual's energy and protein intake is seen from the dietary diversity or the diversity of individual food intake.

**Objective:** To determine the relationship between dietary diversity, energy and protein adequacy levels with the incidence of anemia in adolescent girls.

**Methods:** The study used an observational method with a cross-sectional design on 163 female respondents at SMA Ali Maksum Krapyak Yogyakarta. Determination of the subject was using the total sampling method. Data collection was carried out from December 2021 to January 2022. The research data was obtained using a 1x24 hour recall and a dietary diversity score (DDS) form filled out by researchers based on data from a 24-hour recall. The statistical test used in this study was the Spearman rank test.

**Results:** A total of 20.2% of respondents suffered from anemia. There was a relationship between dietary diversity with the adequacy level of energy ( $p=0.000$ ;  $r=0.297$ ), protein ( $p=0.000$ ;  $r=0.344$ ), and the incidence of anemia ( $p=0.001$ ;  $r=0.260$ ). There was a relationship between the sufficiency level of energy ( $p=0.000$ ;  $r=0.503$ ), and protein ( $p=0.000$ ;  $r=0.524$ ) with the incidence of anemia.

**Conclusion:** There is a relationship between dietary diversity and the adequacy level of energy and protein. There is a relationship between the level of energy and protein adequacy with the incidence of anemia. There is a relationship between dietary diversity and the incidence of anemia.

**Keywords:** Dietary diversity, diversity of food intake, energy intake, protein intake, anemia

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