

## ABSTRAK

**Latar Belakang:** Remaja yang tinggal di asrama di wilayah dengan berbagai kemudahan akses terhadap teknologi dan berbagai jenis makanan, lebih rentan untuk melewatkan waktu makan di asrama dan membeli makanan atau jajanan dari luar sebagai kompensasi. Rendahnya kandungan gizi makanan dari luar asrama dikhawatirkan meningkatkan risiko anemia pada remaja putri.

**Tujuan:** Penelitian dilakukan untuk mengetahui hubungan antara asupan dari luar asrama dan *meal skipping* dengan anemia pada remaja putri di SMA Yayasan Pondok Pesantren Ali Maksum Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian observasional dengan desain potong lintang. Jumlah sampel 163 remaja putri dipilih secara total sampling. Data asupan dengan metode *food recall* 24 jam dikumpulkan selama 6 hari bersama dengan data sosiodemografi dan status gizi, sementara kadar hemoglobin diukur menggunakan mesin *automated hematology analyzer* (AHA). Analisis bivariabel dilakukan dengan uji *chi-square* dan analisis multivariabel menggunakan regresi logistik.

**Hasil:** Analisis bivariabel menunjukkan asupan energi dari luar asrama berhubungan signifikan dengan anemia pada kelompok Q2 (47-59% total asupan) dan Q3 (59-76% total asupan) (p-value 0,030 dan 0,019), dan *odds ratio* meningkat seiring dengan peningkatan asupan energi dari luar asrama (OR 3.6, 95% CI 1.1-11.2 dan OR 95% CI 1.3-14.8). Asupan zat besi dari luar asrama berhubungan signifikan dengan anemia hanya pada kelompok Q3 (70-84% total asupan) dengan p-value 0,024 (OR 4,8, 95% CI 1.2-18.8), dan melewatkan sarapan berhubungan signifikan dengan anemia (OR 0,3, 95% CI 0.1-0.8). Hasil analisis multivariabel menunjukkan asupan energi dari luar asrama dan *meal skipping* sarapan berhubungan signifikan dengan anemia, sedangkan zat besi dari luar asrama menjadi tidak signifikan.

**Kesimpulan:** Besar asupan dari luar asrama dan *meal skipping* sarapan berhubungan dengan anemia, sehingga perlu menjadi perhatian serius untuk mencegah anemia pada remaja putri.

**Kata Kunci:** anemia, remaja putri, asupan luar asrama, *meal skipping*

## ABSTRACT

**Background:** *Adolescents living in dormitories with convenient access to technology and various types of food vendors, were more prone to skip meals and purchase food or snacks from outside dormitory. The low nutritional content of snack foods is feared to increase the risk of anemia among adolescent girls.*

**Objective:** *The purpose of this study was to determine the association between intake from outside dormitory and meal skipping on anemia in adolescent girls at Ali Maksum Islamic Boarding School Yogyakarta.*

**Method:** *The study was an observational study with a cross-sectional design. The total respondents of 163 adolescent girls were selected by total sampling. Six days of 24-hour food recall were collected along with sociodemographic and nutritional status data, while hemoglobin level was measured using automated hematology analyzer machine (AHA). Bivariable analysis was performed using chi-square test and multivariable analysis was performed using logistic regression.*

**Results:** *This study showed energy intake from outside dormitory was significantly associated with anemia for the group of Q2 (47-59% daily intake) and Q3 (59-76% daily intake) (p-value 0.030 and 0.019 respectively), and the odds ratio increased along with higher intake of energy from outside dormitory (OR 3.6, 95% CI 1.1-11.2 dan OR 95% CI 1.3-14.8). The iron intake from outside dormitory was significantly associated with anemia only for group of Q3 (70-84% daily intake) with p-value 0.024 (OR 4.8, 95% CI 1.2-18.8), and skipping breakfast was significantly associated with anemia (OR 0.3, 95% CI 0.1-0.8). Multivariable analysis showed energy from outside dormitory and skipping breakfast were associated with anemia, while iron intake showed no association with anemia.*

**Conclusion:** *High proportion intakes from outside of dormitory and skipping breakfast were associated with anemia, therefore should be taken seriously to prevent anemia among adolescent girls.*

**Keywords:** *anemia, adolescent girl, eating out of dormitory, meal skipping*