

## **PENGARUH KONTRIBUSI JAJANAN KANTIN TERHADAP STATUS GIZI DAN RISIKO ANEMIA PADA REMAJA PUTRI**

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### **INTISARI**

**Latar Belakang:** Sebagian besar masa remaja dihabiskan di lingkungan sekolah, dan kontribusi kandungan gizi pada makanan jajanan memiliki dampak signifikan terhadap asupan energi serta memengaruhi status gizi remaja. Salah satu permasalahan gizi umum yang dialami pada masa remaja adalah anemia. Menurut data Riskesdas, pada tahun 2018, sekitar 48,9% wanita usia subur (WUS) di Indonesia mengalami kondisi anemia. Perilaku gizi yang tidak tepat, seperti ketidakseimbangan antara asupan makanan dan kebutuhan gizi yang direkomendasikan, menjadi salah satu penyebab permasalahan gizi pada remaja putri.

**Tujuan:** Riset ini bertujuan guna menyelidiki adanya pengaruh signifikan kontribusi jajanan kantin terhadap status gizi serta resiko anemia terhadap remaja putri di Kabupaten Jombang, Provinsi Jawa Timur.

**Metode:** Melalui desain riset cross-sectional, riset korelasional dilaksanakan di Kabupaten Jombang, Jawa Timur. 107 responden remaja putri, berusia 14-19 tahun, dipilih secara *random sampling* untuk berpartisipasi dalam penelitian ini. Melalui penggunaan kuesioner sosio-demografis, data tentang karakteristik responden dikumpulkan. Status gizi remaja putri ditentukan dengan mengukur tinggi dan berat badan untuk menghitung BMI, pengambilan darah untuk memeriksa kadar anemia, dan menggunakan *Food Frequency Questionnaire* (FFQ) untuk mengetahui seberapa sering mereka makan jajanan di kantin. Untuk mengetahui besarnya pengaruh antar variabel, analisa data riset ini meliputi analisa univariat serta bivariat yang menggunakan uji korelasi *Spearman*.

**Hasil:** Penelitian ini mengungkapkan status gizi remaja putri sebanyak 73 orang (68.2%) tergolong dalam kategori gizi normal, obesitas 22 (20.6%) status gizi lebih 10 (9.3%), gizi kurang 2 (1.9%). Remaja putri 72 orang (67.3%) tidak mengalami anemia dan yang mengalami anemia sebanyak 35 (32.7%). Sebagian besar kontribusi jajanan kantin remaja putri dalam penelitian ini tergolong lebih yaitu sebanyak 84 (78.5%). Hasil analisis korelasi terdapat pengaruh signifikan antara kontribusi jajanan kantin dengan status gizi remaja putri ( $p=0.035$ ). Tidak terdapat pengaruh signifikan antara kontribusi jajanan kantin dengan risiko anemia pada remaja putri ( $p=0.209$ ).

**Kesimpulan:** Pada penelitian ini kontribusi jajanan kantin berpengaruh signifikan pada status gizi remaja putri tetapi tidak berpengaruh signifikan pada anemia pada remaja putri.

**Kata Kunci:** Kontribusi, Jajanan Kantin, Status Gizi, Anemia, Remaja, Putri

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## **The Impact of Canteen Snack Contribution on Nutritional Status and Anemia Risk Among Adolescent Girls**

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### **ABSTRACT**

**Background:** Adolescence spends most of its time at school. The nutritional content of snacks will also contribute to energy adequacy and influence the nutritional status of adolescents. One of the common nutritional problems experienced by teenagers is anemia. Based on Riskesdas, 48.9% of Indonesian women of childbearing age (WUS) experienced anemia in 2018. One of the causes of nutritional problems in adolescent girls is inappropriate nutritional behavior, such as an imbalance between food intake and recommended nutritional needs

**Objective:** This study aims to determine the influence of the contribution of canteen snacks to the nutritional status and risk of anemia in adolescent girls in Jombang, Province of East Java.

**Method:** Using a cross-sectional research design, correlational research was carried out in Jombang Regency, East Java. 107 young female respondents, ages 14-19, were chosen at *random sampling* to participate in the study. Through the use of a socio-demographic questionnaire, data about the characteristics of respondents was gathered. Adolescent girls' nutritional status is determined by measuring their height and weight to calculate their BMI, drawing blood to check anemia levels, and using the Food Frequency Questionnaire (FFQ) to track how often they eat snacks in the canteen. In order to determine the significant influence between variables, this study's data analysis covers univariate and bivariate analysis utilizing the Spearman correlation test.

**Result:** This research revealed that the nutritional status of 73 young women (68.2%) was classified as normal nutrition, 22 (20.6%) were obese, 10 (9.3%) were over-nourished, 2 (1.9%) were under-nourished. 72 young women (67.3%) did not experience anemia and 35 (32.7%) experienced anemia. Most of the contributions of teenage girls' canteen snacks in this study were classified as more, namely 84 (78.5%). The results of the correlation analysis showed a significant influence between the contribution of canteen snacks and the nutritional status of young women ( $p=0.035$ ). There was no significant influence between the contribution of canteen snacks and the risk of anemia in young women ( $p=0.209$ ).

**Conclusion:** In this study, the contribution of canteen snacks had a significant effect on the nutritional status of adolescent girls but did not have a significant effect on anemia in adolescent girls.

**Keywords:** Contribution, Canteen Snack , Nutritional Status, Anemia, Female Adolescent

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