INTISARI

Latar Belakang : Prevalensi anemia di Kabupaten Kulon Progo tertinggi di Provinsi DIY. SMK N 1 Kokap mengalami anemia sebesar 77% siswi. Asupan energi dan protein serta literasi gizi dapat menjadi faktor penting penyebab anemia.
Tujuan Penelitian : Penelitian ini bertujuan untuk menganalisis hubungan antara literasi gizi, asupan energi, dan asupan protein dengan kejadian anemia pada remaja putri di SMK N 1 Kokap Kabupaten Kulon Progo.
Metode : Penelitian ini menggunakan pendekatan kuantitatif dan rancangan *cross-sectional.* Sampel berjumlah 77 siswi yang dipilih menggunakan *random sampling*. Literasi gizi diukur menggunakan Nulit, kadar hemoglobin dengan POCT, serta asupan nutrisi melalui *Food Recall* 2x24 jam. Data dianalisis dengan uji Somers'd
Hasil : 54,5% responden mengalami anemia, literasi gizi tinggi (63,6%), tetapi asupan energi (58,4%) dan protein (54,5%) sangat kurang. Status ekonomi responden di bawah UMP (80,5%), pendidikan ayah (50,6%) serta ibu (49,4%) pada pendidikan menengah. Terdapat hubungan signifikan antara asupan energi, protein, dan status ekonomi dengan anemia. Namun tidak pada literasi gizi dan pendidikan orang tua.
Kesimpulan : Kejadian anemia berhubungan dengan asupan energi, asupan protein, dan status ekonomi, tetapi tidak berhubungan dengan literasi gizi dan pendidikan orang tua. Puskesmas disarankan untuk meningkatkan edukasi masyarakat mengenai pedoman gizi seimbang, pola makan sehat, pemahaman mencari sumber informasi, dan label kemasan. Selain itu, puskesmas dapat memotivasi konsumsi asupan sehat dan tablet tambah darah serta menjalankan program PKPR yang tidak hanya pemberian edukasi namun mencakup konseling teman sebaya.
Kata Kunci : literasi gizi, asupan energi, asupan protein, kejadian anemia, remaja putri

ABSTRACT

Background : The prevalence of anemia in Kulon Progo Regency is the highest in the Yogyakarta Special Region (DIY). At SMK N 1 Kokap, 77% of female students experience anemia. Energy and protein intake, as well as nutrition literacy, may be important contributing factors to anemia.

Objective : This study aimed to analyze the relationship between nutrition literacy, energy intake, and protein intake with the incidence of anemia among adolescent girls at SMK N 1 Kokap, Kulon Progo Regency.

Methods : This research employed an analytical observational design with a quantitative approach and a cross-sectional framework. The study sample consisted of 77 female students selected through random sampling. Nutrition literacy was measured using the Nulit instrument, hemoglobin levels were assessed using Point of Care Testing (POCT), and dietary intake was evaluated through 2×24-hour food recall. Data were analyzed using the Somers' d test.

Results : The prevalence of anemia among respondents was 54.5%. Most respondents had high nutrition literacy (63.6%); however, energy intake (58.4%) and protein intake (54.5%) were categorized as very low. The majority of respondents had an economic status below the provincial minimum wage (80.5%), while the educational levels of fathers (50.6%) and mothers (49.4%) were mostly at the secondary level. Significant associations were found between energy intake, protein intake, and economic status with anemia. In contrast, nutrition literacy and parental education were not significantly associated with anemia.

Conclusion : The occurrence of anemia is associated with energy intake, protein intake, and economic status, but is not associated with nutrition literacy or parental education. Health centers are recommended to strengthen community education on balanced nutrition guidelines, healthy dietary patterns, skills in seeking reliable information sources, and understanding food labels. In addition, health centers can encourage the consumption of healthy foods and iron supplementation, as well as implement PKPR programs that not only provide education but also include peer counseling.

Keywords : nutrition literacy, energy intake, protein intake, the occurrence of anemia, adolescent girls