

## ABSTRACT

Iron deficiency anemia in Indonesia still become major problem in society, where the anemia prevalency still high happen among girls between 10-14 years old (57,1%) after mother pregnant.

The purpose of this research was to analyze the influence between management of food implementation towards phenomenon of anemia of 'santriwati' at Al Hidayah moeslim boarding school at Kendal subdistrict, Ngawi regency.

The research design used in this research was analytical observation, viewed of the time it was cross sectional research. The samples of this research were 'santriwati' between 15-18 years old who were chosen by *systematic random sampling*, it included 34 'santriwati', manager, theacher at Al Hidayah moeslim boarding school.

The laboratory result found that 23,53% 'santriwati' were in iron deficiency anemia with the average of haemoglobin 12,54 mg/dl, and the lack of that 61,76% in portion of daily menu of 'santriwati'. Based on Pearson's correlation statistic test about the influence between management of food implementation (the portion of menu) towards phenomenon of anemia of 'santriwati' found that  $p(0,028) < \alpha(0,05)$ .

There is an influence between management of food implementation (the portion of menu) towards phenomenon of anemia of 'santriwati' at Al Hidayah moeslim boarding school. It is suggested that the health centre 'Kendal' to strive for preventing the iron deficiency anemia among the teenagers who are in their work place or even surround their moeslim boarding school. It is suggested that moeslim boarding school to increase the value of health and nutrition of 'santri' in order to make their quality and quantity very good. It is realized in the form improving of food supply management, especially daily menu of 'santri' everyday.

*Key words : Management of food implementation, Anemia, Teenagers, Moeslim boarding school.*

## ABSTRAK

Anemia defisiensi zat besi di Indonesia masih merupakan masalah gizi utama di masyarakat, dimana prevalensi anemia masih tinggi terjadi di kalangan anak remaja putri usia 10-14 tahun (57,1%) setelah ibu hamil.

Penelitian ini bertujuan untuk mempelajari pengaruh manajemen penyelenggaraan makanan di pondok pesantren terhadap kejadian anemia pada santriwati di Pondok Pesantren Al Hidayah Kecamatan Kendal Kabupaten Ngawi.

Jenis penelitian yang digunakan pada penelitian ini adalah *observasional* bersifat analitik, dilihat dari waktunya merupakan penelitian bersifat *cross sectional*. Sampel penelitian ini adalah santriwati usia 15-18 tahun yang dipilih secara *systematic random sampling* dengan jumlah sampel sebanyak 34 santriwati, pengelola, dan pengajar di Pondok Pesantren Al Hidayah.

Hasil laboratorium telah ditemukan santriwati yang menderita anemia defisiensi zat besi sebesar 23,53% dengan rata-rata kadar hemoglobin sebesar 12,54 mg/dl, dan manajemen penyelenggaraan makanan (porsi menu) sehari santriwati yang kurang sebesar 61,76%. Berdasarkan uji statistik korelasi Pearson tentang pengaruh manajemen penyelenggaraan makanan (porsi menu) di pondok pesantren terhadap kejadian anemia pada santriwati diperoleh  $p(0,028) < \alpha(0,05)$ .

Disimpulkan ada pengaruh manajemen penyelenggaraan makanan (porsi menu) terhadap kejadian anemia pada santriwati di Pondok Pesantren Al Hidayah Kecamatan Kendal Kabupaten Ngawi. Diharapkan kepada Puskesmas Kendal melakukan upaya penanggulangan masalah anemia defisiensi zat besi pada remaja yang ada di wilayah kerjanya dan lingkungan Pondok Pesantren. Diharapkan Pondok Pesantren meningkatkan pentingnya kesehatan dan gizi santri agar kualitas dan kuantitas santri yang dibentuk sangat baik. Diwujudkan dalam bentuk perbaikan manajemen penyelenggaraan makanan khususnya menu santri setiap hari.

*Kata Kunci : Manajemen Penyelenggaraan Makanan, Anemia, Remaja, Pondok Pesantren*