

ABSTRAK

Anemia akibat kekurangan zat besi merupakan salah satu masalah gizi utama yang belum terpecahkan sampai saat ini. Prevalensi anemia pada wanita usia subur terutama calon pengantin wanita di Jawa Timur sangat tinggi. Pada wanita dewasa mempunyai dampak menurunnya aktivitas fisik/rendahnya produktifitas dan wanita yang siap memasuki kehamilan dengan kondisi cadangan zat besi yang kurang.

Tujuan penelitian ini adalah untuk mempelajari karakteristik responden dan menganalisis hubungan antara status gizi, pola haid, konsumsi energi dan protein dengan kadar hemoglobin.

Penelitian ini bersifat analitik, termasuk penelitian *crosssectional*. Sampel penelitian adalah calon pengantin wanita berumur 13-29 tahun dengan besar sampel 32 orang yang dipilih secara *simple random sampling* dengan $\alpha=0,05$. Variabel bebas Indeks Massa Tubuh (IMT), Lingkar Lengan Atas (LILA), tebal lemak bawah kulit trisepts, rasio lingkar pinggang terhadap pinggul, pola haid, tingkat konsumsi energi dan protein, variabel terikat kadar Hb. Variabel terikat dan variabel bebas diuji dengan uji *korelasi pearson*.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara Lingkar Lengan Atas (LILA) dan pola haid dengan kadar Hb tetapi tidak terdapat hubungan antara tingkat konsumsi energi, protein, indeks massa tubuh, tebal lemak bawah kulit trisepts dan rasio lingkar pinggang terhadap pinggul dengan kadar Hb

Untuk mengatasi masalah anemia perlu diadakan penyebarluasan informasi anemia gizi besi pada wanita usia subur khususnya calon pengantin wanita serta penyuluhan pentingnya penerapan makanan yang seimbang sehingga terhindar dari defisiensi besi.

Kata kunci : kadar Hb, status gizi, pola haid, Tingkat konsumsi energi dan protein.

ABSTRACT

Anemia caused of iron deficiency was one of the nutritional problem in Indonesia that not finish yet until this time. The perevalence of iron deficiency anemia among women in reproductive age especially the bride candidates in East Java was very high. In adult women have impact decrease of physic activity or low productivity and the pregnant women with low iron store in the body will severe her anemia condition.

The purpose of the research was to analyzed the relationship of nutritional status, menstruation pattern, intake of energy and protein with hemoglobin concentration.

The characteristic of this research was analytical and crosssectional research. The sample of this research were bride candidates in age 13-29 years old with 32 sampling size that choosen by *simple random sampling* $\alpha=0,05$. Independent variable body mass index, mid upper aram circumference (MUAC), sub cutan fat of trisepts, waist hip to ratio, menstruation pattern, energy and protein intake, and dependent variable hemoglobin concentration. Dependent variable and independent variable was tested with *pearson correlation test*.

The result indicated that there was a relationship between mid upper aram circumference (MUAC) with hemoglobin (Hb) concentration, there was relationship beetwen menstruation pattern with hb concertation either, but there were no relationship between energy and protein intake, body mass index, sub cutan fat of trisepts and waist hip to ratio and Hb concentration.

To handle the anemia problem needs distribute the information about iron nutrition anemia among women in reproductive especially bride candidates and information about the importantce of balance food diet application with the result that avoided from iron deficiency.

Key words : hemoglobin concentration, nutrition status, menstruation pattern, intake of energy and protein.