

HUBUNGAN ANTARA STATUS GIZI DENGAN KADAR HEMOGLOBIN REMAJA PUTRI SMP UNGGULAN AISYIYAH BANTUL

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Abstrak

Hemoglobin adalah komponen utama dalam eritrosit sebagai alat transportasi oksigen di seluruh tubuh. Salah satu faktor yang mempengaruhi hemoglobin adalah status gizi. Status gizi dapat diukur dengan antropometri. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi dengan kadar hemoglobin remaja putri SMP Unggulan Aisyiyah Bantul. Penelitian ini menggunakan desain penelitian *correlational* dengan pendekatan *cross sectional study* dan /teknik *total sampling*. Sampel penelitian sebanyak 55 responden. Data yang dikumpulkan melalui antropometri dan pengukuran hemoglobin, kemudian dianalisis menggunakan SPSS uji Pearson. Hasil penelitian menunjukkan status gizi (*z-score*) dalam kategori kurus sebesar 12,7%, normal sebesar 63,6%, gemuk sebesar 10,9%, dan obesitas sebesar 12,7%. Rata-rata *z-score* adalah $-0,075 \pm 1,50$. Responden yang memiliki kadar hemoglobin normal sebesar 81,8% dan kadar hemoglobin tidak normal sebesar 18,2%. Rata-rata kadar hemoglobin responden adalah $14,99 \pm 3,35$. Hasil korelasinya adalah nilai *p value* 0,361 ($p > 0,05$), artinya tidak terdapat hubungan antara status gizi dengan kadar hemoglobin remaja putri SMP Unggulan Aisyiyah Bantul.

Kata kunci: *kadar hemoglobin, remaja putri, status gizi*

The Correlation Between Nutrition Status With Hemoglobin Level Of Young Female At Unggulan Aisyiyah Bantul Junior High School

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Abstract

Hemoglobin is a major component in erythrocytes that is a tool of transporting oxygen throughout the body. One of the factors affecting hemoglobin is nutritional status. Nutritional status can be measured by anthropometry. This study aims to determine the correlation between nutritional status with hemoglobin level of young female at Unggulan Aisyiyah Bantul Junior High School. This research uses correlation research design with cross sectional approach study and using total sampling technique. The sample of this study is 55 respondents. Data collected through anthropometry and hemoglobin measurements, then analyzed using SPSS Pearson test. The results showed nutritional status (z-score) in the category of thin by 12.7%, normal by 63.6%, fat by 10.9%, and obesity by 12.7%. The average z-score of respondents was $-0,075 \pm 1,50$. Respondents who had normal hemoglobin level of 81.8% and abnormal hemoglobin level of 18.2%. The average hemoglobin level of respondents was 14.99 ± 3.35 . The correlation result is p value 0.361 ($p > 0,05$), it means there is no correlation between nutritional status with hemoglobin level of young female at Unggulan Aisyiyah Bantul Junior High School.

Keywords: hemoglobin level, nutritional status, young female