

## ABSTRAK

**Rena Budiatri**

**Latar Belakang:** Remaja putri termasuk kelompok yang berisiko mengalami anemia defisiensi besi. Dadih merupakan pangan fungsional bernilai gizi tinggi, mengandung zat besi, serta probiotik sehingga dapat dijadikan salah satu strategi mencegah terjadinya anemia defisiensi besi yang dapat dilihat dari parameter serum feritin dan kadar hemoglobin.

**Tujuan:** Menganalisis pengaruh pemberian dadih terhadap serum feritin dan kadar hemoglobin untuk mencegah anemia defisiensi besi pada remaja putri sehat usia 12-15 tahun.

**Metode:** Penelitian ini menggunakan *randomized controlled trial pre-posttest group design* yang terdiri dari 2 kelompok yaitu kelompok intervensi dan kelompok kontrol. Pada kedua kelompok ini dilakukan pengukuran serum feritin dan kadar hemoglobin sebelum dan sesudah diberikan perlakuan selama 14 hari. Kelompok intervensi diberikan dadih sebanyak 100 g dengan frekuensi 1x sehari sedangkan kelompok kontrol diberikan placebo. Analisis statistik menggunakan *Software Statistical Package for Social Sciences (SPSS) 24.0 for Windows*.

**Hasil:** Terdapat perbedaan yang signifikan kadar hemoglobin sebelum dan sesudah diberikan perlakuan pada kedua kelompok. Terdapat penurunan kadar hemoglobin sesudah diberikan perlakuan tetapi tetap dalam kadar normal. Tidak terdapat perbedaan kadar feritin serum sebelum dan sesudah perlakuan pada kedua kelompok. Meskipun tidak ada pengaruh tetapi pemberian dadih memberikan manfaat pada kesehatan saluran cerna.

**Simpulan:** Pemberian dadih secara independen sebanyak 100 g untuk mencegah terjadinya anemia defisiensi besi masih perlu dipertimbangkan.

**Kata kunci :** dadih, kadar hemoglobin, serum feritin, anemia defisiensi besi

## ABSTRACT

**Rena Budiyatri**

**Background:** Adolescent girls are a group at risk for iron deficiency anemia. Dadih is a functional food with high nutritional value, containing iron and probiotics, so that it can be used as one of strategy to prevent iron deficiency anemia which can be seen from the parameters of serum ferritin and hemoglobin levels.

**Objectives:** Analyzing the effect of giving dadih on serum ferritin and hemoglobin levels to prevent iron deficiency anemia in young girls aged 12-15 years.

**Methods:** a randomized controlled trial pre-posttest group design which consisted of 2 groups namely intervention and control group. In these two groups, serum ferritin and hemoglobin levels were measured before and after being given treatment for 14 days. The intervention group was given 100 g of dadih with a frequency of 1x a day and the control group was given a placebo. Statistical analysis used the Statistical Package for Social Sciences (SPSS) 24.0 for Windows software.

**Results:** There was a significant difference in hemoglobin levels before and after being given treatment in the two groups. There was a decrease in hemoglobin levels after being given treatment but remained at normal levels. There was no difference in serum ferritin levels before and after treatment in the two groups. Although there are no effects but giving dadih has a health impact for the digestive tract.

**Conclusion:** Independent administration of dadih in the amount of 100 g to prevent iron deficiency anemia still needs to be considered.

**Keywords:** dadih, ferritin serum, hemoglobin level, iron deficiency anemia, adolescent girls