

## **Konsumsi Sayur Dan Buah Dengan Kadar Hemoglobin Siswi MTs SA PP Al-Falah**

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### **ABSTRAK**

**Latar belakang:** Anemia pada remaja memberikan dampak penurunan konsentrasi saat kegiatan belajar, penurunan kesegaran jasmani, dan menyebabkan gangguan pertumbuhan. Salah satu faktor penyebabnya yaitu kurangnya konsumsi zat besi. Anemia juga dapat dipengaruhi oleh faktor *enhancer* dan *inhibitor*. Sumber pangan *enhancer* banyak ditemukan pada sayur dan buah.

**Tujuan:** Menganalisis konsumsi sayur dan buah dengan kadar hemoglobin siswi MTs SA PP Al-Falah.

**Metode:** Desain penelitian ini adalah *cross-sectional*. Subjek adalah 40 siswi MTs SA PP Al-Falah yang dipilih dengan teknik *purposive sampling*. Data yang dikumpulkan adalah konsumsi sayur, konsumsi buah, asupan protein, asupan zat besi, asupan vitamin C, asupan kalsium, berat badan, tinggi badan, dan kadar hemoglobin. Analisis bivariat menggunakan *chi-square* dan analisis multivariat menggunakan uji regresi logistik.

**Hasil:** Sebanyak 47,5% subjek mengalami anemia. Konsumsi sayur subjek berdasarkan jumlah sayur 100% dalam kategori kurang, berdasarkan jenis sayur 50% dalam kategori cukup, berdasarkan frekuensi sayur 52,5% dalam kategori cukup. Konsumsi buah subjek berdasarkan jumlah buah 52,5% dalam kategori cukup, berdasarkan jenis buah 67,5% dalam kategori cukup, berdasarkan frekuensi buah 52,5% dalam kategori cukup. Tidak ada hubungan konsumsi sayur, konsumsi buah, asupan protein, asupan zat besi, asupan vitamin C, dan asupan kalsium dengan kadar hemoglobin. Ada hubungan status gizi dengan kadar hemoglobin ( $p=0,014$ ).

**Kesimpulan:** Tidak ada hubungan konsumsi sayur dan buah dengan kadar hemoglobin siswi MTs SA PP Al-Falah.

**Kata kunci:** Konsumsi sayur, Konsumsi buah, Kadar hemoglobin, Remaja Putri

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## **Vegetable and Fruit Consumption with Hemoglobin Levels of MTs SA PP Al-Falah Students**

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### **ABSTRACT**

**Backgrounds:** Anemia in adolescents leads to decreased concentration during learning activities, decreased physical fitness, and causes growth disorders. One of the factors that contributes to this is the lack of iron intake. Anemia can also be influenced by enhancers and inhibitors. Food sources of enhancers are found in vegetables and fruits.

**Objective:** Analyzing vegetable and fruit consumption with hemoglobin levels of MTs SA PP Al-Falah students.

**Methods:** This research design is cross-sectional. The subjects were 40 female students of MTs SA PP Al-Falah who were selected using a purposive sampling technique. Data collected were vegetable consumption, fruit consumption, protein intake, iron intake, vitamin C intake, calcium intake, body weight, height and hemoglobin levels. Bivariate variable analysis test using chi-square test and multivariate variable test using binary logistic regression test.

**Results:** As many as 47.5% of subjects experienced anemia. The subject's vegetable consumption was based on the number of vegetables, 100% in the insufficient category, based on the type of vegetable, 50% in the sufficient category, based on the frequency of vegetables 52.5% in the sufficient category. Subject fruit consumption based on the number of fruits was 52.5% in the sufficient category, based on the type of fruit 67.5% in the sufficient category, based on the frequency of fruit 52.5% in the sufficient category. There was no relationship between vegetable consumption, fruit consumption, protein intake, iron intake, vitamin C intake, and calcium intake and hemoglobin levels. There was a relationship between nutritional status and hemoglobin levels ( $p=0.014$ ).

**Conclusion:** There is no relationship between vegetable and fruit consumption and the hemoglobin levels of female MTs SA PP Al-Falah students.

**Keywords:** Vegetable consumption, Fruit consumption, Hemoglobin level, Adolescent girls

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