

## **Perbedaan Konsumsi Teh antara Mahasiswi Anemia dan Tidak Anemia**

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### **ABSTRAK**

**Latar Belakang:** Kebiasaan konsumsi teh dapat memicu terjadinya anemia pada wanita usia subur (WUS) terutama mahasiswi. Tanin dalam teh dapat menghambat penyerapan zat besi, terutama jika diminum bersamaan saat makan.

**Tujuan :** Penelitian ini bertujuan untuk menganalisis perbedaan konsumsi teh antara mahasiswi anemia dan tidak anemia pada mahasiswi Fakultas Kedokteran, Universitas Diponegoro, Semarang.

**Metode :** Studi analitik observasional dengan menggunakan desain *case control*. Jumlah sampel sejumlah 72 subjek. Teknik pengambilan sampel yang diterapkan dalam penelitian ini adalah *purposive sampling*. Data frekuensi konsumsi teh, jumlah konsumsi teh, jenis konsumsi teh, waktu kebiasaan konsumsi teh, dan asal konsumsi diperoleh dari wawancara menggunakan formulir *Semi Quantitative Food Frequency (SQ-FFQ)* pada jangka waktu 1 bulan terakhir. Data status anemia diperoleh dari hasil pengukuran langsung menggunakan alat pengukur hemoglobin merk “family Dr”. Analisis statistik menggunakan uji *Chi-Square*.

**Hasil :** Terdapat perbedaan yang signifikan antara frekuensi konsumsi teh dan jumlah konsumsi teh berdasarkan status anemia ( $p = 0,001$  &  $p = 0,020$ ). Akan tetapi, keduanya memiliki kesamaan pada jenis teh, waktu kebiasaan konsumsi teh, serta asal konsumsi teh ( $p = 0,789$ ,  $p = 0,884$ , dan  $p = 0,839$ ). Jenis teh hijau lebih banyak dikonsumsi dibandingkan dengan teh hitam. Sebagian besar mahasiswi yang berstatus anemia maupun tidak anemia memiliki kebiasaan mengonsumsi teh bersamaan saat makan (63,9%). Responden dengan anemia lebih sering membeli teh daripada membuat sendiri (61,1%).

**Simpulan :** Terdapat perbedaan yang signifikan antara frekuensi konsumsi teh dan jumlah konsumsi teh berdasarkan status anemia pada mahasiswi, namun tidak terdapat perbedaan jenis konsumsi teh, waktu kebiasaan konsumsi teh, dan asal konsumsi teh antara mahasiswi anemia dan tidak anemia.

**Kata Kunci :** Anemia, Mahasiswi, Tanin, Teh, Wanita Usia Subur

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## ***The Difference in Tea Consumption Between Anemic and Non-Anemic Female Students***

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### **ABSTRACT**

**Background:** *Tea consumption habits can contribute to anemia in women of reproductive age (WRA), particularly among female university students. Tannins in tea can inhibit iron absorption, especially when consumed during meals.*

**Objective :** *This study aim to analyze the differences in tea consumption between anemic and non-anemic female students at the Faculty of Medicine, Diponegoro University, Semarang.*

**Methods :** *This observational analytic study used a case-control design with a total of 72 participants selected through purposive sampling. Data on tea consumption frequency, amount, type, timing, and source were collected through interviews using a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) covering the previous month. Anemia status was determined using direct hemoglobin measurement with a "family Dr" device. Statistical analysis was performed using the Chi-Square test.*

**Result :** *There were significant differences in tea consumption frequency and amount between anemic and non-anemic students ( $p = 0.001$  and  $p = 0.020$ , respectively). However, there were no significant differences in the type of tea, timing of tea consumption, or source of tea ( $p = 0.789$ ,  $p = 0.884$ , and  $p = 0.839$ , respectively). Green tea was consumed more frequently than black tea. Most students, both anemic and non-anemic, had the habit of drinking tea during meals (63.9%). Anemic students were more likely to buy tea than prepare it themselves (61.1%).*

**Conclusion :** *There were significant differences in the frequency and amount of tea consumption based on anemia status among female students, but no significant differences were found in the type, timing, or source of tea consumed.*

**Keywords :** *anemia, female students, tannin, tea, women of reproductive age*

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