

KORELASI POLA ASUPAN PROTEIN DAN ZAT BESI DENGAN KADAR HEMOGLOBIN PADA MAHASISWI PRODI KEDOKTERAN UNIVERSITAS KHAIRUN

Rafli Ardiansyah¹, Jasmawati², Amran Nur³

¹Program Studi Kedokteran, Fakultas Kedokteran, Universitas Khairun

²Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Khairun

³Program Studi Farmasi, Fakultas Kedokteran, Universitas Khairun

ABSTRAK

Latar Belakang: Anemia Defisiensi Besi (ADB) ialah anemia yang disebabkan oleh penurunan jumlah zat besi yang dibutuhkan dalam proses eritropoiesis akibat berkurangnya simpanan besi sehingga menyebabkan penurunan sintesis hemoglobin. Data Riskesdas tahun 2018 menyatakan bahwa pada 300.000 rumah tangga, perempuan lebih banyak mengalami anemia (27,2%) dibandingkan laki-laki (20,3%). Angka anemia pada usia 15-24 tahun mencapai 32% pada tahun 2018.

Tujuan: Mengetahui korelasi pola asupan protein dan zat besi dengan kadar hemoglobin pada mahasiswa Prodi Kedokteran Universitas Khairun.

Metode: Penelitian ini adalah penelitian analitik yang menggunakan pendekatan *cross-sectional*. Sampel penelitian adalah mahasiswa yang memenuhi kriteria inklusi dan ditentukan dengan menggunakan teknik *purposive sampling*. Data pola asupan protein dan zat besi dikumpulkan melalui wawancara dengan menggunakan metode *food recall* 24 jam yang diambil sebanyak 2 kali. Data kadar hemoglobin didapatkan hasil pengumpulan dengan Hb meter *portable*.

Hasil: Pada 109 sampel diperoleh hasil paling banyak adalah asupan protein kurang (78,0%), asupan zat besi kurang (75,2%), dan hemoglobin normal (72,5%).

Simpulan: Tidak didapatkan korelasi antara asupan protein dengan kadar hemoglobin maupun asupan zat besi dengan kadar hemoglobin pada mahasiswa Prodi Kedokteran Universitas Khairun.

Kata Kunci: Pola Asupan, Anemia Defisiensi Besi, Mahasiswa

CORRELATION OF PROTEIN AND IRON INTAKE PATTERNS WITH HEMOGLOBIN LEVELS IN FEMALE MEDICAL STUDENTS OF KHAIRUN UNIVERSITY

Rafli Ardiansyah¹, Jasmawati², Amran Nur³

¹Medical Study Program, Faculty of Medicine, Khairun University

²Department of Nutrition, Faculty of Medicine, Khairun University

³Pharmacy Study Program, Faculty of Medicine, Khairun University

ABSTRACT

Background: Iron Deficiency Anemia (IDA) is anemia caused by a decrease in the amount of iron needed in the process of erythropoiesis due to depleted iron stores, leading to the decrease of hemoglobin synthesis. Riskesdas data in 2018 stated that in 300,000 households, women experienced more anemia (27.2%) than men (20.3%). The anemia rate among 15-24 years old reached 32% in 2018.

Objective: To determine the correlation of protein and iron intake patterns with hemoglobin levels in female students of the Khairun University Medical Study Program.

Methods: This research is an analytic study that uses a cross-sectional approach. The research samples were female students who met the inclusion criteria and were determined using purposive sampling technique. Data on protein and iron intake patterns were collected through interviews using the 24-hour food recall method taken twice. Data on hemoglobin levels were obtained from collection with a portable Hb meter.

Results: In 109 samples, the most common results were insufficient protein intake (78.0%), insufficient iron intake (75.2%), and normal hemoglobin (72.5%).

Conclusion: There is no correlation between protein intake with hemoglobin levels or iron intake with hemoglobin levels in female students of Khairun University Medical Study Program.

Keywords: Diet, Iron Deficiency Anemia, Female Student