ABSTRAK

Yuli Syahputri : Hubungan Pola Makan Dan Status Gizi Pada Remaja Putri Dengan Anemia Di Smp Negeri 2 Kotapinang, Kabupaten Labuhan Batu Selatan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2022

Tujuan penelitian ini untuk mengetahui : 1) Karakteristik responden yaitu usia, pendidikan Ayah dan Ibu, pekerjaan Ayah dan Ibu, pendapatan Ayah dan Ibu, dan besaran keluarga. 2) Pola makan remaja putri 3) Status gizi remaja putri. 4)Anemia pada remaja putri. 5) Hubungan pola makan dengan anemia remaja putri 6) Hubungan status gizi dengan anemia remaja putri. Lokasi penelitian di SMP Negeri 2 Kotapinang.Teknik pengambilan sampel dilakukan dengan cara total *sampling,* dengan jumlah sampel 98 orang remaja putri. Desain penelitian *cross sectional.* Teknik pengumpulan data menggunakan FFQ dan pengukuran tinggi dan berat badan. Teknik analisis data menggunakan deskriptif data uji korelasi *rank spearman* dan uji *regresi linier berganda.*

Berdasarkan hasil penelitian Pola makan remaja putri termasuk kategori kurang baik sebesar 50,02 persen. Status gizi remaja putri termasuk kategori status gizi kurus sebesar 42,86 persen. Remaja putri sebagian besar menderita anemia sebanyak 71,43 persen. Hasil analisis uji kolerasi rank spearman terdapat hubungan positif dan signifikan antara pola makan dengan anemia pada remaja putri dengan nilai koefisien kolerasi sebesar 0,626 dan nilai p-value sebesar 0,000 pada taraf signifikan 0,05 artinya semakin baik pola makan maka semakin rendah anemia pada remaja putri. Hasil analisis uji kolerasi rank spearman terdapat hubungan positif dan signifikan antara status gizi dengan anemia pada remaja putri dengan nilai koefisien kolerasi sebesar 0,636 dan nilai p-value sebesar 0,000 pada taraf signifikan 0,05 artinya semakin baik status gizi maka semakin rendah anemia pada remaja putri. Berdasarkan hasil analisis *regresi linier berganda* terdapat hubungan positif dan signifikan antara pola makan dan status gizi dengan anemia pada remaja putri. $(Y = 8,389 + 0,003_{x1} + 0,476_{x2})$ Artinya semakin baik pola makan dan semakin baik status gizi maka semakin rendah anemia pada remaja putri.

ABSTRACT

Yuli Syahputri: Relationship between Diet and Nutritional Status in Young Women with Anemia at SMP Negeri 2 Kotapinang, Labuhan Batu Selatan Regency. Thesis. Nutrition Program. Faculty of Engineering. Medan State University. 2022

The purpose of this study was to determine: 1) Characteristics of respondents, namely age, education of father and mother, occupation of father and mother, income of father and mother, and family size. 2) The diet of adolescent girls 3) The nutritional status of adolescent girls. 4) Anemia in adolescent girls. 5) Relationship between diet and anemia in adolescent girls. 6) Relationship between nutritional status and anemia in adolescent girls. The research location is in SMP Negeri 2 Kotapinang. The sampling technique was carried out by total sampling, with a total sample of 98 young women. The research design is cross sectional. Data collection techniques using FFQ and measurements of height and weight. The data analysis technique uses descriptive data of Spearman rank correlation test and multiple linear regression test.

Based on the results of the study, the eating patterns of adolescent girls were included in the poor category by 50.02 percent. The nutritional status of adolescent girls is included in the category of underweight nutritional status by 42.86 percent. Young women mostly suffer from anemia as much as 71.43 percent. The results of the Spearman rank correlation test analysis showed a positive and significant relationship between diet and anemia in adolescent girls with a correlation coefficient of 0.626 and a p-value of 0.000 at a significant level of 0.05, meaning that the better the diet, the lower the anemia in adolescent girls. . The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between nutritional status and anemia in adolescent girls with a correlation coefficient of 0.636 and a p-value of 0.000 at a significant level of 0.05, meaning that the better the nutritional status, the lower the anemia in adolescent girls. . Based on the results of multiple linear regression analysis there is a positive and significant relationship between diet and nutritional status with anemia in adolescent girls. ($Y = 8.389 + 0.003x1 + 0.476x2$) This means that the better the diet and the better the nutritional status, the lower the anemia in adolescent girls.