

ABSTRAK

Vivi Dwi Kesumasari : Hubungan Asupan Protein dan Asupan Vitamin C Dengan Kadar Hemoglobin Pada Siswi SMKS Pharmaca Medan, Kecamatan Medan Petisah. Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2025

Kadar hemoglobin (Hb) seseorang dalam darah lebih rendah dari pada kadar normal dapat menyebabkan anemia dengan tanda mudah lelah, lemas, pusing, kepala, kulit pucat, sulit berkonsentrasi dll. Pada tahun (2023) WHO dapat memperkirakan 30% pada wanita usia 15–49 tahun di seluruh dunia menderita anemia, yang dimana hal tersebut disebabkan karena kurangnya kadar hemoglobin dalam darah pada tubuh remaja. Pada penelitian ini bertujuan untuk mengetahui hubungan asupan protein dan vitamin C dengan kadar hemoglobin pada siswi di SMKS Pharmaca Medan.

Penelitian ini menggunakan desain *cross sectional*, dengan populasi penelitian ini yaitu siswi kelas X,XI,XII SMKS Pharmaca medan. Teknik pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling* yaitu sebanyak 59 orang. Teknik pengumpulan data menggunakan kuisioner *Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ)* dan pemeriksaan kadar hemoglobin menggunakan *Easy Touch GCHb*. Analisis data dilakukan secara bivariat dan multivariat. Analisis bivariat dilakukan dengan uji *spearman-rank*, sedangkan untuk analisis multivariat menggunakan uji *Regresi linier berganda*.

Hasil penelitian menunjukkan bahwa responden sebanyak 23 orang (38,9%) masuk kedalam kategori asupan protein sangat kurang, asupan vitamin C yang cukup sebanyak 31 orang (52,5%), dan memiliki kadar Hb yang normal yaitu ≥ 12 g/d l sebanyak 31 orang (52,5%). hasil uji korelasi *rank spearman* pada variabel asupan protein yaitu terdapat hubungan yang signifikan dengan kadar hemoglobin dengan p-value 0,000, Hasil uji korelasi *rank spearman* pada variabel asupan vitamin C yaitu terdapat hubungan yang signifikan dengan kadar hemoglobin dengan nilai p-value 0,000, Hasil analisis linier berganda yaitu terdapat hubungan yang signifikan antara asupan protein dan asupan vitamin C dengan kadar hemoglobin dengan p-value < 0,05.

Kata kunci : Asupan Protein, Asupan Vitamin C, Kadar Hemoglobin

ABSTRACT

Vivi Dwi Kesumasari: *Relationship of Protein Intake and Vitamin C Intake with Hemoglobin Levels in Female Students of SMKS Pharmaca Medan, Medan Petisah District. Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2025*

Hemoglobin (Hb) levels in the blood that are lower than normal can lead to anemia, which is characterized by symptoms such as fatigue, weakness, dizziness, pale skin, difficulty concentrating, and more. In 2023, (WHO) estimated that 30% of women aged 15–49 years worldwide suffer from anemia, which is primarily caused by low hemoglobin levels in the blood among adolescents. This study aims to determine the relationship between protein and vitamin C intake and hemoglobin levels in female students at SMKS Pharmaca Medan.

This study used a cross-sectional design, with the population of this study being female students of grades X, XI, XII of SMKS Pharmaca Medan. The sampling technique in this study used a purposive sampling technique, namely 59 people. The data collection technique used the Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ) questionnaire and hemoglobin level examination using Easy Touch GCHb. Data analysis was carried out bivariately and multivariately. Bivariate analysis was carried out using the Spearman-rank test, while for multivariate analysis using the Multiple Linear Regression test.

The results of the study showed that the results of the study showed that 23 respondents (38.9%) were in the category of very low protein intake, sufficient vitamin C intake as many as 31 people (52.5%), and had normal Hb levels of ≥ 12 g/dl as many as 31 people (52.5%). The results of the Spearman rank correlation test on the protein intake variable showed a significant relationship with hemoglobin levels with a p-value of 0.000 The results of the Spearman rank correlation test on the vitamin C intake variable showed a significant relationship with hemoglobin levels with a p-value of 0.000 The results of multiple linear analysis showed a significant relationship between protein intake and vitamin C intake with hemoglobin levels with a p-value < 0.05 .

Keywords: Protein Intake, Vitamin C Intake, hemoglobin levels