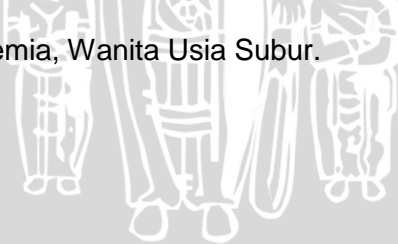


## ABSTRAK

Amelia, Nova. 2015. *Hubungan Asupan Fe Terhadap Kejadian Anemia Pada Wanita Usia Subur Vegan di Mahavihara Maitreya Duta Kota Palembang Tahun 2014*. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) dr. Siswanto, M.Sc. (2) Agustiana Dwi Indah Ventiyarningsih, SKM, M. Biomed.

*Vegan* atau total vegetarian merupakan salah satu jenis diet vegetarian yang sama sekali tidak mengonsumsi produk hewani. Diet vegetarian sering dikaitkan dengan sejumlah manfaat kesehatan, namun diet ini juga memiliki beberapa kekurangan diantaranya kekurangan zat besi. Anemia pada vegetarian terjadi karena penyerapan zat besi yang tidak optimal, Besi pada makanan hewani memiliki bioavailabilitas dan efektifitas absorpsi yang lebih baik daripada makanan nabati dan dipengaruhi faktor enhancer seperti protein dan vitamin C. Kekurangan besi merupakan penyebab utama anemia yang sering dijumpai pada perempuan usia subur hal ini disebabkan karena kehilangan darah sewaktu menstruasi dan peningkatan kebutuhan besi selama kehamilan. Penelitian ini bertujuan untuk mengetahui hubungan asupan Fe terhadap kejadian anemia pada wanita usia subur vegan, merupakan penelitian deskriptif dengan rancangan studi *cross sectional*. Sampel penelitian sebanyak 65 responden yang diambil dengan teknik random sampling, data asupan didapat dengan melakukan recall 3 x 24 jam dan data hemoglobin dengan metode *spektrofotometer*. Pengolahan data menggunakan analisis *Chi Square*. Hasil penelitian menunjukkan adanya hubungan asupan Fe terhadap kejadian anemia. Secara statistik didapatkan nilai  $p$  value  $<0.05$  ( $p=0,005$ ), sehingga dapat disimpulkan bahwa terdapat hubungan antara asupan Fe dengan kejadian anemia.

Kata kunci : Vegan, Fe, Anemia, Wanita Usia Subur.



## ABSTRACT

Amelia, Nova. 2015. *Association between Iron toward Anemia Insidences among Vegan Reproductive Aged Women in Mahavihara Maitreya Duta Palembang 2014*. Final Assignment, Dietitian Program, Faculty of Medicine, Brawijaya University. Supervisors: (1) dr. Siswanto, M.Sc. (2) Agustiana Dwi Indiah Ventiyaningsih, SKM, M. Biomed.

A vegan or vegetarian total was one of the type of a vegetarian diet completely not consume animal products. A vegetarian diet often associated with a number of health benefits, but a diet also have some disadvantages such as a deficiency of iron. Anemia in a vegetarian happened because of the absorption of iron that was not optimal, iron in animal food have better bioavailability and effectiveness absorption than vegetable food and it influenced a factor of enhancers such as Protein and Vitamin C. Lack of iron was the main cause of anemia who often seen in productive aged women this is because of lost blood during menstruation and an increase in iron needs during pregnancy. This research aims to understand the relation of iron intake on the anemia of reproductive aged woman on a vegan, this reseach used cross sectional study design. The sample as many as 65 respondents taken with random sampling techniques, intake of data obtained by doing recall 3 x 24 hours and hemoglobin levels were measures by *spektofotometer* methods. Data processing used analysis *Chi Square*. The results of research shows the relationship iron intake on the anemia. Statistically it obtained the value of p value  $< 0.05$  ( $p= 0,005$ ), the conclusion was there was the association between iron intake with the anemia.

Keyword : Vegan, Fe, Anemia, Reproductive Aged Women