

HUBUNGAN FREKUENSI KONSUMSI TEH DAN KOPI DENGAN GEJALA ANEMIA PADA REMAJA PUTRI DI SMA NEGERI 1 GODEAN

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INTISARI

Latar Belakang : Anemia adalah kondisi medis tubuh yang mengalami penurunan sel darah merah yang masuk ke dalam rentang di bawah normal akibat kekurangan zat besi. Prevalensi anemia di Kabupaten Sleman mengalami peningkatan di tahun 2018 sebanyak 10,26%. Saat memasuki usia remaja, perubahan gaya hidup sering terjadi salah satunya kebiasaan mengkonsumsi teh dan kopi yang mengandung zat penghambat penyerapan zat besi dalam tubuh sehingga dapat berpengaruh terhadap kesehatan seperti anemia.

Tujuan Penelitian : Mengetahui hubungan frekuensi konsumsi teh dan kopi dengan gejala anemia pada remaja putri di SMA Negeri 1 Godean.

Metode Penelitian : Penelitian ini menggunakan jenis kuantitatif dengan metode *cross sectional*. Sampel berjumlah 58 responden dengan teknik sampel *purposive sampling*. Pengambilan data menggunakan kuesioner frekuensi konsumsi teh dan kopi serta kuesioner gejala anemia. Analisis data menggunakan uji *somers'd*.

Hasil : Mayoritas responden yaitu sebanyak 56 responden (96,6%) memiliki frekuensi konsumsi teh dan kopi dalam kategori normal (1-2 kali/hari) dan 38 responden (65,5%) masuk dalam kategori non suspek anemia. Berdasarkan hasil analisis uji *somers'd* didapatkan nilai $p = 0,149$ yang menunjukkan tidak ada hubungan antara frekuensi konsumsi teh dan kopi dengan gejala anemia pada remaja putri di SMA Negeri 1 Godean.

Kesimpulan : Tidak ada hubungan antara frekuensi konsumsi teh dan kopi dengan gejala anemia pada remaja putri di SMA Negeri 1 Godean.

Kata Kunci : Anemia, Frekuensi Konsumsi Teh dan Kopi, Remaja Putri

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**THE ASSOCIATION BETWEEN FREQUENCY TEA AND COFFEE
CONSUMPTION WITH SYMPTOMS ANEMIA IN ADOLESCENT GIRLS IN
SMA NEGERI 1 GODEAN**

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ABSTRACT

Background : Anemia is a medical condition characterized by a decrease in red blood cells below normal levels due to iron deficiency. In Sleman Regency, the prevalence of anemia increased by 10.26% in 2018. During adolescence, lifestyle changes often occur, including the consumption of tea and coffee, which contain substances that inhibit iron absorption in the body. This can potentially impact health, including contributing to anemia.

Objective : To determine the relationship between the frequency of tea and coffee consumption and anemia symptoms in adolescent girls at SMA Negeri 1 Godean

Method : This study employs a quantitative approach with a cross-sectional method. The sample consists of 58 respondents, selected using purposive sampling. Data were collected using a questionnaire on the frequency of tea and coffee consumption and a questionnaire on anemia symptoms. Data analysis was performed using the Somers' d test.

Result : The majority of respondents, 56 individuals (96.6%), had a normal frequency of tea and coffee consumption (1-2 times/day), and 38 respondents (65.5%) were classified as non-suspect for anemia. Based on the analysis using the Somers' d test, a p-value of 0.149 was obtained, indicating no significant relationship between the frequency of tea and coffee consumption and anemia symptoms in adolescent girls at SMA Negeri 1 Godean.

Conclusion : There is no relationship between the frequency of tea and coffee consumption and anemia symptoms in adolescent girls at SMA Negeri 1 Godean.

Keywords : Anemia, Frequency of Tea and Coffee Consumption, Adolescent Girls.

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