

PENGARUH PEMBERIAN SUSU KEDELAI TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI SMA MUHAMMADIYAH 3 YOGYAKARTA

Natalia Susmita¹, Nur Rahmawati Sholihah², Nendhi Wahyunia Utami²

ABSTRAK

Latar Belakang : Anemia merupakan suatu kelainan yang terjadi ketika jumlah sel darah merah lebih sedikit dari biasanya atau ketika konsentrasi hemoglobin lebih rendah dari biasanya. Prevalensi global prevalensi anemia pada tahun 2021 sebesar 29,9%. Data Riskesdas (2018), prevalensi anemia di Indonesia sekitar 47,4% dengan rentang usia 5-14 tahun sebesar 26,8% dan usia 15-24 sebesar 32,2% dengan presentase anemia pada remaja perempuan sebesar 27,2%.

Tujuan : Untuk mengetahui pengaruh pemberian susu kedelai terhadap peningkatan kadar hemoglobin pada remaja putri di SMA Muhammadiyah 3 Yogyakarta.

Metode : Jenis penelitian *Quasi Eksperimental* dengan rancangan *One Group Pretest-Posttest Design*. Populasi dalam penelitian ini adalah remaja putri kelas 10 yang berjumlah 76 orang di SMA Muhammadiyah Yogyakarta, pengambilan sampel menggunakan rumus *slovin* sehingga didapatkan 19 responden, teknik *sampling* yang digunakan *Purposive Sampling*. Instrumen penelitian menggunakan lembar observasi. Analisis data menggunakan uji Wilcoxon.

Hasil : Hasil uji menunjukkan *p. value* sebesar 0,004 ($<0,05$). Nilai rata-rata (mean) hasil *Pre-Post* kadar hb sebelum diberikan susu kedelai nilai skor rata-rata (mean) adalah 10,37. Kemudian hasil hb setelah diberikan susu kedelai nilai skor rata-rata (mean) adalah 12,00. Sebelum diberikan susu kedelai di rentang kadar hb 8-11, hasil setelah diberikan susu kedelai di rentang kadar hb 9-15.

Kesimpulan : Ada Pengaruh Pemberian Susu Kedelai Terhadap Peningkatan Kadar Hemoglobin pada Remaja Putri di SMA Muhammadiyah 3 Yogyakarta.

Kata Kunci : Anemia, Kadar Hemoglobin, Susu Kedelai

THE EFFECT OF SOYBEAN MILK PROVISION ON INREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS AT MUHAMMADIYAH 3 SENIOR HIGH SCHOOL YOGYAKARTA

Natalia Susmita¹, Nur Rahmawati Sholihah², Nendhi Wahyunia Utami²

ABSTRACT

Background: Anemia is a disorder which occurs when there are fewer red blood cells than normal or when the hemoglobin concentration is lower than normal. In 2021, the global prevalence of anemia was observed at 29,9%. The Primary Health Research (2018) revealed that the prevalence of anemia in Indonesia reached approximately 47.4% with 26.8% among those aged 5-14 years, 32.2% among those aged 15-24 years, and 27.2% among adolescent girls.

Objective: The current research aims to determine the effect of soybean milk on increasing hemoglobin levels in adolescent girls at Muhammadiyah 3 Senior High School Yogyakarta.

Methods: Quasi-experimental with One Group Pretest-Posttest Design was employed in this research. The 10th grade adolescent girls from Muhammadiyah 3 Senior High School Yogyakarta were determined as the research population, involving 76 people. The Slovin formula was utilized as the sampling technique, obtaining 19 respondents who were selected through Purposive Sampling. An observational sheet was employed as the research instrument. The data obtained were then analyzed using the Wilcoxon test.

Results: The analysis results revealed a p value of 0.004 (<0.05). The mean score of hemoglobin (Hb) level before the provision of soybean milk was 10.37, and after consumption, it increased to 12.00. Prior to the soybean milk provision, the Hb levels ranged from 8 to 11, while after consumption, they ranged from 9 to 15.

Conclusion: Providing soybean milk has an affect on increasing hemoglobin levels in adolescent girls at Muhammadiyah 3 Senior High School Yogyakarta.

Keywords: Anemia, Hemoglobin Levels, Soybean Milk