

ABSTRAK

HUBUNGAN KEBIASAAN KONSUMSI *JUNK FOOD* DENGAN ANEMIA PADA REMAJA DI POSYANDU REMAJA DESA KROMONG KECAMATAN NGUSIKAN, KABUPATEN JOMBANG

Oleh : YUNI WULANDARI

Anemia merupakan masalah kesehatan yang sering terjadi pada remaja putri. Salah satu faktor yang dapat berhubungan dengan anemia adalah kebiasaan konsumsi junk food yang tinggi lemak, gula, garam, dan kalori tetapi rendah zat gizi, termasuk zat besi. Penelitian ini bertujuan mengetahui hubungan kebiasaan konsumsi junk food dengan kejadian anemia pada remaja di Posyandu Remaja Desa Kromong Kecamatan Ngusikan Kabupaten Jombang. Metode: Penelitian menggunakan pendekatan kuantitatif dengan desain analitik korelasi dan cross-sectional. Sampel sebanyak 76 responden dipilih dengan purposive sampling. Data kebiasaan konsumsi junk food diperoleh melalui lembar observasi, sedangkan anemia ditentukan berdasarkan pemeriksaan kadar Hb. Analisis menggunakan uji Spearman Rank dengan $\alpha = 0,05$.

Hasil penelitian dari 30 responden (39,5%) memiliki kebiasaan konsumsi junk food baik, 28 (36,8%) cukup, dan 18 (23,7%) kurang. Berdasarkan pemeriksaan Hb, 21 responden (27,6%) tidak anemia, 18 (23,7%) mengalami anemia ringan, dan 37 (48,7%) anemia sedang. Uji Spearman Rank menunjukkan $r = 0,925$ dan $p\text{-value} < 0,001$, yang berarti terdapat hubungan sangat kuat dan signifikan antara kebiasaan konsumsi junk food dengan kejadian anemia. Kesimpulan: Semakin kurang baik kebiasaan konsumsi junk food, semakin tinggi kecenderungan kejadian anemia. Edukasi pola makan bergizi seimbang dan pembatasan junk food diperlukan sebagai upaya pencegahan anemia pada remaja.

Kata kunci: *Junk food*, Anemia, Remaja Putri

ABSTRACT

HUBUNGAN KEBIASAAN KONSUMSI *JUNK FOOD* DENGAN ANEMIA PADA REMAJA DI POSYANDU REMAJA DESA KROMONG KECAMATAN NGUSIKAN, KABUPATEN JOMBANG

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Anemia is a common health problem among adolescents, especially girls. One factor that may be related to anemia is the habit of consuming junk food, which is high in fat, sugar, salt, and calories but low in important nutrients, including iron. This study aimed to determine the relationship between junk food consumption habits and anemia among adolescents at the Youth Posyandu in Kromong Village, Ngusikan District, Jombang Regency. Methods: This study used a quantitative approach with a correlational analytical design and a cross-sectional approach. The sample consisted of 76 respondents selected using purposive sampling. Data on junk food consumption habits were collected using an observation sheet, while anemia was determined by measuring hemoglobin levels. Data were analyzed using the Spearman Rank test with $\alpha = 0.05$.

There were 30 respondents (39.5%) with good junk food consumption habits, 28 respondents (36.8%) with moderate habits, and 18 respondents (23.7%) with poor habits. Based on hemoglobin examination, 21 respondents (27.6%) were not anemic, 18 respondents (23.7%) had mild anemia, and 37 respondents (48.7%) had moderate anemia. The Spearman Rank test showed $r = 0.925$ and $p\text{-value} < 0.001$, indicating a very strong and significant relationship between junk food consumption habits and anemia. Conclusion: Poorer junk food consumption habits were associated with a higher tendency of anemia. Education about a balanced diet and limiting junk food consumption is needed to help prevent anemia among adolescents.

Keywords: *Junk Food, Anemia, Adolescent Girls*