

Dukungan Guru Sebagai Faktor Dominan Perubahan Kadar Hemoglobin Remaja Putri di 2 SMP Penerima Program Pencegahan Penanggulangan Anemia di Kota Bekasi Tahun 2018

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Abstrak

Anemia masih menjadi masalah kesehatan masyarakat yang perlu mendapat perhatian. Rematri merupakan kelompok rentan. Selain kondisinya sedang dalam masapertumbuhan juga risiko dari menstruasi yang dialaminya. Padahal rematri adalah calonibu sehingga upaya dini intervensi gizi harus dilakukan. Program suplementasi TTD dilakukan untuk mencegah dan menanggulangi anemia serta meningkatkan status besirematri meskipun tidak selalu berhasil karena berbagai faktor. Tujuan penelitian ini untuk membuktikan dukungan guru sebagai faktor dominan yang berhubungan dengan perubahan kadar Hb rematri penerima program. Penelitian ini dilakukan dengan design crosssectional di 2 SMP penerima program di Kota Bekasi dengan sampel 175 rematri. Data perubahan kadar Hb diperoleh dari selisih pengukuran Hb sebelum dan setelah suplementasi TTD berjalan 10 minggu yang merupakan data sekunder (telah lolos etik). Data lainnya yaitu data dukungan sekolah, karakteristik rematri, pola konsumsi dan karakteristik Ibu diperoleh melalui wawancara pengisian kuisioner. Hasil penelitian mendapatkan bahwa suplementasi TTD efektif meningkatkan kadar Hb rematri ($p=0,005$). Analisa regresi linear ganda mendapatkan hasil bahwa dukungan gurumerupakan faktor dominan yang berhubungan dengan perubahan kadar Hb. Hal ini membuktikan bahwa penuntasan intervensi gizi spesifik memerlukan upaya sensitif dari sektor non kesehatan. Sehingga disarankan meningkatkan kolaborasi lintas sektor dalam pelaksanaan program kesehatan khususnya program suplementasi TTD berbasis sekolah. Kata kunci: anemia, rematri, suplementasi TTD berbasis sekolah, dukungan guru, perubahan Hb.

Anemia remains public health issue that needs attention. Adolescent girls are the vulnerable group. Besides in their growth period condition, also the risk of their menstruation. Though adolescent girls are mother candidates, early efforts of nutritional intervention should be implemented. Iron supplementation program is done to prevent and cope with anemia and increase iron status of adolescent girls, although not always work due to various factors. The objective of this study was to prove teacher support as the dominant factor associated with hemoglobin level changes of adolescent girls in this program. This research was conducted with cross-sectional design in two junior high schools beneficiaries program in Bekasi City with 175 adolescent girls subject. The changes of hemoglobin data was obtained from the difference of hemoglobin level before and after measurement by giving iron supplementation for 10 weeks, which were secondary data (ethics approved). Other data such as school support, characteristics of adolescent girls, consumption patterns and characteristics of mothers were obtained through interviewing based on questionnaire. The results of the study was Iron supplementation effectively increased hemoglobin levels of adolescent girls ($p = 0.005$). Multiple linear regression analysis found that teacher support was the dominant factor associated with changes in hemoglobin levels. This proves that completion of specific nutritional interventions requires sensitive efforts from the non-health sector. It is suggested to increase cross-sector collaboration in health program implementation especially school-based Iron supplementation program. Keywords: anemia, adolescent girls, school-based iron supplementation, teacher, hemoglobin.