

ABSTRAK: Anemia merupakan keadaan dimana nilai hemoglobin <12 g/dL dan sering terjadi pada remaja putri dikarenakan banyak faktor seperti kurangnya asupan gizi yang juga dapat mempengaruhi status gizi remaja. Tujuan penelitian ini adalah untuk menganalisis hubungan antara kualitas tidur, asupan protein, vitamin C dan zat besi terhadap status gizi dan kejadian anemia pada siswi di MTs Al-Mukhsin. Penelitian dilakukan di MTs Al-Mukhsin pada bulan Juli 2023 dengan jumlah sampel sebanyak 55 subjek dari kelas VIII dan IX menggunakan teknik *simple random sampling* melalui pendekatan *cross sectional* dan dianalisis menggunakan uji korelasi *rank spearman*. Berdasarkan analisis deskriptif 54,5% memiliki status gizi baik, 67,3% subjek memiliki kualitas tidur buruk, 45,5% mengalami anemia, 63,6% defisit protein, 69,1% defisit vitamin C, dan 74,5% defisit zat besi. Hasil analisis korelasi *spearman rank* antara kualitas tidur dengan status gizi menunjukkan tidak terdapat hubungan ($p = 0,143$). Hasil analisis kualitas tidur dengan kejadian anemia menunjukkan tidak terdapat hubungan ($p = 0,215$). Hasil analisis asupan protein ($p = 0,001$), vitamin C ($p = 0,003$) dan zat besi ($p = 0,000$) dengan status gizi menunjukkan terdapat hubungan. Hasil analisis asupan protein ($p = 0,000$), vitamin C ($p = 0,005$) dan zat besi ($p = 0,001$) dengan anemia menunjukkan terdapat hubungan. Kesimpulan dari penelitian ini tidak terdapat hubungan yang signifikan antara kualitas tidur terhadap status gizi dan kejadian anemia pada siswi di MTs Al-Mukhsin, terdapat hubungan yang signifikan antara asupan protein, vitamin C dan zat besi terhadap status gizi dan kejadian anemia pada siswi di MTs Al-Mukhsin.

Kata kunci: Anemia, Asupan Protein, Kualitas Tidur, Status Gizi, Vitamin C, Zat Besi.

ABSTRACT: Anemia is a condition where the hemoglobin value is <12 g/dL and often occurs in adolescent girls due to many factors such as lack of nutritional intake which can also affect the nutritional status of adolescents. The purpose of this study was to analyze the relationship between sleep quality, protein intake, vitamin C and iron to nutritional status and the incidence of anemia in female students at MTs Al-Mukhsin. The study was conducted at MTs Al-Mukhsin in July 2023 with a sample size of 55 subjects from classes VIII and IX using simple random sampling technique through a cross sectional approach and analyzed using the Spearman rank correlation test. Based on descriptive analysis 54,5% had good nutritional status, 67,3% of subjects had poor sleep quality, 45,5% had anemia, 63,6% protein deficit, 69,1% vitamin C deficit, and 74,5% iron deficit. The results of Spearman rank correlation analysis between sleep quality and nutritional status showed no relationship ($p = 0,143$). The results of the analysis of sleep quality with the incidence of anemia showed no relationship ($p = 0,215$). The results of the analysis of protein ($p = 0,001$), vitamin C ($p = 0,003$) and iron ($p = 0,000$) intake with nutritional status showed a relationship. The results of the analysis of protein ($p = 0,000$), vitamin C ($p = 0,005$) and iron intake ($p = 0,001$) with anemia showed a relationship. The conclusion of this study is that there is no significant relationship between sleep quality and nutritional status and the incidence of anemia in female students at MTs Al-Mukhsin, there is a significant relationship between protein, vitamin C and iron intake on nutritional status and the incidence of anemia in female students at MTs Al-Mukhsin.

Keywords: Anemia, Protein Intake, Sleep Quality, Nutritional Status, Vitamin C, Iron.