IDENTIFICATION OF NUTRITIONAL STATUS PROBLEMS IN ADOLESCENT GIRLS AGED 13 – 18 YEARS

Sri Handayani

Prodi Kebidanan Program Sarjana, STIKES Yarsi Mataram, Mataram, NTB
Email correspondence: srikurniawan87@gmail.com

ABSTRAK: IDENTIFIKASI MASALAH STATUS GIZI REMAJA PUTRI USIA 13 – 18 TAHUN

Latar Belakang: Remaja merupakan salah satu kelompok berisiko tinggi. Pada masa ini terjadi percepatan pertumbuhan dan perkembangan sehingga kebutuhan nutrisi harus terpenuhi. Remaja putri lebih rentan mengalami permasalahan gizi dibandingkan remaja laki-laki. Hal ini karena remaja putri mengalami mentruasi. Masalah gizi remaja akan berdampak terhadap penurunan imunitas dan produktivitas, juga berpotensi terjadinya stunting.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi masalah status gizi remaja putri usia 13-18 tahun.

Metode: Metode dalam penelitian ini adalah deskriptif. Penelitian ini dilaksanakan di Sekolah Menengah Atas (SMA) Kabupaten Lombok Barat, Nusa Tenggara Barat, yaitu SMA 1 Labuapi, SMA 1 Kediri, SMA 1 Gerung, dan SMA 1 Kuripan pada bulan November 2024. Populasi dalam penelitian ini adalah semua remaja usia 13 – 18 tahun di SMA 1, Kabupaten Lombok Barat, NTB. Sampel dalam penelitian ini adalah sebagian remaja usia 13 – 18 tahun di SMA yang sudah ditentukan yaitu sebesar 911 siswa dengan sebaran sebanyak 248 siswa di SMA 1 Kuripan, 158 di SMA 1 Labuapi, 212 siswa di SMA 1 Kediri, dan 293 siswa di SMA 1 Gerung. Penelitian dilaksanakan tanggal 08 – 27 Januari 2024. Instrumen yang digunakan dalam penelitian ini adalah kuesioner dan pemeriksaan kadar hemoglobin.

Hasil: Hasil penelitian menujukkan masih tingginya masalah status gizi remaja, yaitu kejadian gizi buruk sebesar 7,2%, gizi kurang 21,8%, 4,1%, gizi lebih, dan obesitas 2,3%. Ditinjau dari status anemia, kejadian anemia pada remaja puteri sebesar 41,4%.

Kesimpulan: Berdasarkan hasil penelitian dapat disimpulkan masih tingginya kejadian masalah status gizi dan anemia remaja puteri.

Saran: diharapkan semua remaja untuk lebih memperhatikan status gizi dan mengikuti program-program yang yang sudah ditetapkan pemerintah.

Kata Kunci : Anemia, Remaja, Status Gizi,

ABSTRACT

Background: Adolescents are one of the high-risk groups. During this period, there is an acceleration of growth and development so that nutritional needs must be met. Adolescent girls are more prone to experiencing nutritional problems than adolescent boys. This is because adolescent girls experience menstruation. Adolescent nutrition problems will have an impact on decreasing immunity and productivity, as well as the potential for stunting.

Purpose: This study aims to identify the problem of nutritional status of adolescent girls aged 13-18 years

Methods: The method in this study is descriptive. This research was carried out at Senior High Schools (SMA) in West Lombok Regency, West Nusa Tenggara, namely SMA 1 Labuapi, SMA 1 Kediri, SMA 1 Gerung, and SMA 1 Kuripan in November 2024. The population in this study is all adolescents aged 13 – 18 years in SMA 1, West Lombok Regency, NTB. The sample in this study is some adolescents aged 13 – 18 years in high school that has been determined, which is 911 students with a distribution of 248 students at SMA 1 Kuripan, 158 students at SMA 1 Labuapi, 212 students at SMA 1 Kediri, and 293 students at SMA 1 Gerung. The research was carried out on January 8 – 27, 2024. The instruments used in this study were questionnaires and hemoglobin level checks.

Results: The results of the study show that there is still a high problem of nutritional status among adolescents, namely the incidence of malnutrition by 7.2%, undernutrition by 21.8%, 4.1%, overnutrition, and obesity by 2.3%. Judging from the status of anemia, the incidence of anemia in adolescent girls was 41.4%.

Conclusion: Based on the results of the study, it can be concluded that there is still a high incidence of nutritional status problems and anemia in adolescent girls

Suggestions: It is hoped that all adolescents will pay more attention to nutritional status and follow the programs that have been set by the government

INTRODUCTION

Adolescence is a transition period from children to adults and is a high-risk group. In this maasa the child will experience accelerated growth and development (Iskandarsyah, 2016). Therefore, adequate nutrition is needed. Adolescents' need for nutrients is as great. Inadequate nutrition will have an impact on nutritional problems

Nutritional problems in adolescents are closely related to lifestyle and eating habits. Nutritional problems that are often experienced by adolescents are anemia, obesity, chronic energy deficiency (KEK), and eating disorders (anorexia nervosa and bulimia nervosa) (Handayani, 2022).

Based on the 2023 Indonesia Health Profile, 28.23% of adolescents aged 16-17 years experience health complaints and outpatient care (Direktorat Statistik Kesejahteraan Rakyat, 2023). According to data from Basic Health Research (Riskesdas) in 2010, the prevalence of nutritional status of adolescents aged 16-18 years is very thin 1.8%, thin 7.1% and obese 1.4%. In 2013 there was a fairly high increase, namely very thin 1.9%, thin 7.5%, while obesity was 7.3%, in 2018 obesity in adolescents was 13.5%. The obesity referred to above is obesity including overweight and obesity (Badan Penelitian dan Pengembangan Kesehatan, 2013)(Kemenkes RI, 2018).

Nutritional status problems can lead to decreased immunity and productivity. Anemia that occurs in adolescent girls can also be at risk during pregnancy and will have a negative impact on the growth and development of the fetus in the womb and after birth, and has the potential to cause complications of pregnancy and childbirth, even causing the death of mother and child (Kementeri Kesehatan RI, 2022). Problematic nutritional status in adolescents is one of the risk factors for stunting (Alwi et al., 2022).

Based on data from the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting in Indonesia decreased by 2.8 percentage points compared to 2021 from 24.4% to 21.6%. Despite the decline, the decrease of 2.8 percentage points was less than the set target, which was 3.4% per year. With a decrease in 2022 of 2.8% points, to achieve the target in 2024 the prevalence of stunting must be reduced by 7.6% (Kemenkes, 2022).

West Nusa Tenggara Province (NTB) is one of the priority provinces for handling stunting. According to the Indonesian Nutrition Status Survey (SSGI), in 2021 the prevalence of stunting in NTB Province was 31.4 percent. Then, in 2022, the prevalence of stunting increased to 32.7 percent. In 2023, the decrease in stunting rates in NTB Province will reach 13.78%. This figure exceeds the 2023 national target of 16% (Kemenkes, 2022).

According to the Circular of the Director General of Public Health of the Ministry of Health Number HK.03.03/V/0595/2016 concerning the Administration of Blood Supplement Tablets to Adolescent Girls and Women of Childbearing Age, the administration of blood supplement tablets (BST) to adolescent girls is carried out through UKS/M in educational institutions (junior high and high school or equivalent) by determining the day of taking blood supplement tablets (BST) together. The dosage given is one tablet every week for the rest of the year. The coverage of adolescent girls in Indonesia in 2022 is 50.0%. The highest coverage of adolescent girls is achieved by Bali Province (95.1%), while the lowest percentage is by West Papua Province (2.5%), NTB 40.0% (Kementeri Kesehatan RI, 2022).

In an effort to reduce the impact caused by the problem of adolescent nutritional status, researchers are interested in identifying the magnitude of nutritional status problems in adolescents at SMA in West Lombok Regency, West Nusa Tenggara (NTB).

RESEARCH METHODS

The method used in this study is descriptive, where to find out an accurate picture of the nutritional status of adolescents aged 13 – 18 years. This research was carried out at Senior High Schools (SMA) in West Lombok Regency, West Nusa Tenggara, namely SMA 1 Labuapi, SMA 1 Kediri, SMA 1 Gerung, and SMA 1 Kuripan in November 2024.

The population in this study is all adolescents aged 13 – 18 years at SMA 1 Labuapi, SMA 1 Kediri, SMA 1 Gerung, and SMA 1 Kuripan, West Lombok Regency, NTB. The sample in this study is some adolescents aged 13 – 18 years in high school that has been determined, which is 911 students with a distribution of 248 students at SMA 1 Kuripan, 158 students at SMA 1 Labuapi, 212 students at SMA 1 Kediri, and 293 students at SMA 1 Gerung. The research was carried out on January 8 – 27, 2024.

Respondents in this study must meet the inclusion and exclusion criteria. The inclusion criteria in this study were willing to be respondents, adolescent girls aged 13 – 18 years, and not in school when the study was conducted. The exclusion criteria in this study were not willing to be a

respondent, male gender, and suffering from severe illness.

The instrument used in this study is a questionnaire. The questionnaire contains data on age, weight and height to determine nutritional status based on BMI by age, as well as anemia status. Age data is grouped into 3 categories, namely 13-14 years, 15-16 years, and 17-18 years. The data obtained were analyzed univariately and presented in the form of frequency and percentage distributions.

RESEARCH RESULT

Based on the data, results were obtained about age distribution, nutritional status based on BMI/U, and anemia status. These data can be seen in the following tables:

Table 1
Frequency Distribution of Adolescent Girls by Age

Age	n	%
13 – 14 years	14	1,5
15 – 16 years	570	62,6
17 – 18 years	327	35,9

Based on the table above, most adolescents are 15-16 years old, namely 570 adolescents (62.6%) and a small number of 13-14 years old are 14 people (1.5%).

Table 2
Distribution of Frequency of Adolescent Girls Based on Nutritional Status (BMI/U)

Nutritional Status	n	%
Malnutrition	66	7,2
Undernutrition	199	21,8
Good Nutrition	588	64,5
Over weight	37	4,1
obesity	21	2,3

Based on the table above, most adolescents are in good nutritional status, namely 588 adolescents (64.5%). It was still found that adolescents who were malnourished by 7.2% and 21.8% were malnourished.

Table 3
Distribution of Frequency of Adolescent Girls Based on Anemia Status

Anemia Status	n	%
Anemia	377	41,4
No Anemia	534	58,6

Based on the table above, there are still many incidence of anemia in adolescents, which is 41.4%.

DISCUSSION

Based on the results of the study, data was obtained on the high level of nutritional status problems in adolescents. It was still found that adolescents who were malnourished by 7.2% and 21.8% were undernourished, overnourished 4.1%, and obese 2.3%. The results of this study are in line with research conducted at SMPN 262 Jakarta, where it was found that the problem of adolescents with very thin nutritional status was found at 24.4%, undernutrition with a percentage of 9.6%, overnutrition at 3.8%, and obesity at 20.5% (Alfiyatur Rahmah et al., 2024).

The high nutritional status of adolescents is caused by many factors, including family income and energy consumption (Alfiyatur Rahmah et al., 2024)(Indrasari & Sutikno, 2020). The results of the study showed that family income had a great influence on the nutritional status of the family (Alfiyatur Rahmah et al., 2024). Families with high incomes tend to have family members with good nutritional status. Low income is a barrier for families to buy food to meet their family's needs (Alfiyatur Rahmah et al., 2024). Adolescent energy consumption also plays an important role in determining nutritional status. The energy needs of adolescents aged 13-15 years are 2125 kcal, carbohydrates 292 grams, fat 71 grams, and protein 69 grams, while the energy needs of 16-18 years old are 2125 kcal, carbohydrates 292 grams, fat 71 grams, and protein 59 grams (Rokhmah et al., 2017). Lack of dietary nutrient intake will have an impact on weight loss and decreased body tissue, if it lasts for a long time it will result in Chronic Energy Deficiency (KEK) (Zaki & Dietasin, 2017).

Adolescent nutritional status is also affected by physical activity (Alfiyatur Rahmah et al., 2024)(Indrasari & Sutikno, 2020). Physical activity is a movement that causes energy expenditure e.g. sports and includes playing (Handayani, 2022). The World Health Organization (WHO) advises children aged 5-17 years to do physical activity for 60 minutes per day. It is also recommended to do aerobics such as brisk walking, cycling, running, swimming, jumping rope, at least 3 times a week (Rachmi et al., 2019). Body image has a great influence on the nutritional status of adolescents.

Body image also has a great influence on the nutritional status of adolescents (Alfiyatur Rahmah et al., 2024). Body image is a description of the

appearance of a person's body in front of himself and others (Handayani, 2022). The results of the study stated that body shaming causes anorexia nervosa in adolescents so that nutritional status problems occur (Sari & Rosyidah, 2020) . The forms of body shaming are fat & thin shaming, hair/furry body, and skin tone (Handayani, 2022). The study also showed that body perception on the subscale of overweight preoccupation scale and self-classified weight scale had an impact on eating disorders (Prameswari et al., 2022).

Judging from the status of anemia, the incidence of anemia in adolescent girls was 41.4%. The results showed that the anemia status of adolescent girls was related to knowledge about anemia, nutritional status and consumption patterns of Fe inhibitors such as tea and coffee, menstrual length >6 days, breakfast habits, iron intake, and protein intake (Jaelani et al., 2017). Adolescent girls also experience menstruation which has an impact on the loss of a lot of blood. A young woman loses 12.5-15 mg of iron per month or 0.4-0.5 mg of iron per day so she is at risk of iron deficiency (Fe) (Handayani, 2022). Anemia in adolescents can cause a decline in fitness and thinking ability, a decrease in learning achievement, and a decrease in performance (Rachmi et al., 2019).

The government's efforts to reduce the incidence of adolescent anemia include weekly iron and folic acid supplementation, evidence-based health education on multi-sector nutrition, and Social Behavioural Change Communication (SBCC) (Unicef, 2021). The results showed that administering blood and vitamin C tablets to adolescents every week for 90 days was effective in treating anemia, HB levels increased to 13.0 g/dl and 12.4% g/dl (Nurohmi et al., 2021). Another study also explained that the administration of iron and viamin C supplementation was able to increase hemoglobin by 0.79 times higher than iron supplementation without vitamin C (Aini & Safitri, 2021).

Health education about nutrition affects knowledge about the importance of iron so that it can prevent anemia (Putri et al., 2023). Other research also explains that PAKEM methods (lectures, group discussions, problem-solving, and game simulations (quizzes, role-playing, and matching cards) are able to improve adolescent girls' knowledge about anemia and Fe tablet consumption (Febrianti et al., 2023).

CONCLUSION

Based on the results of the study, it can be concluded that there is still a high problem of nutritional status and anemia in adolescents. Data showed that the incidence of malnutrition was 7.2%, undernutrition 21.8%, overnutrition 4.1%, obesity 2.3%, and 41.4% of adolescents experienced anemia.

SUGGESTION

Follow-up efforts of this research are recommended to researchers to conduct research on the factors that cause nutritional status problems and treatment efforts.

REFERENCES

Aini, H. N., & Safitri, D. E. (2021). Pengaruh Kombinasi Vitamin C pada Suplementasi Zat Besi terhadap Kadar Hemoglobin: Meta-Analisis. *Nutri-Sains: Jurnal Gizi, Pangan Dan Aplikasinya*, 5(2), 115–124. https://doi.org/10.21580/ns.2021.5.2.6683

Alfiyatur Rahmah, Ony Linda, & Dian Kholika Hamal. (2024). Faktor-Faktor yang Berhubungan dengan Status Gizi pada Remaja di SMP Negeri 262 Jakarta Timur Tahun 2024. *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 3(3), 549–563. https://doi.org/10.55123/sehatmas.v3i3.3974

Alwi, M. A., Hamzah, H., & Lewa, A. F. (2022). Determinan dan Faktor Risiko Stunting pada Remaja di Indonesia : Literature Review. *Svasta Harena: Jurnal Ilmiah Gizi*, 3(1), 7–12. https://doi.org/10.33860/shjig.v3i1.1489

Badan Penelitian dan Pengembangan Kesehatan. (2013). Riset Kesehatan Dasar 2013. *Riset Kesehatan Dasar 2013*, 103.

Direktorat Statistik Kesejahteraan Rakyat. (2023). Profil Statistik Kesehatan Indonesia 2023. *Badan Pusat Statistik*, 7.

Febrianti, K. D., Ayu, W. C., Anidha, Y., & Mahmudiono, T. (2023). Effectiveness of Nutrition Education on Knowledge of Anemia and Hemoglobin Level in Female Adolescents Aged 12-19 Years: a Systematic Reviews and Meta-Analysis. *Amerta Nutrition*, 7(3), 478–486. https://doi.org/10.20473/amnt.v7i3.2023.478-486

Handayani, S. (2022). *Asuhan Kebidanan Remaja*. CV Eureka Media aksara.

Indrasari, O. R., & Sutikno, E. (2020). Faktor Yang Mempengaruhi Status Gizi Remaja Usia 16-18 Tahun. *The Indonesian Journal of Health)*, x(3), 128–132. https://journal.stikeshb.ac.id/index.php/jurkessia/article/view/252

Iskandarsyah. (2016). *Remaja dan Permasalahannya: Perspektif Psikologi terhadap Permasalahan Remaja dalam*

Bidang Pendidikan.

Jaelani, M., Simanjuntak, B. Y., & Yuliantini, E. (2017). Faktor Risiko yang Berhubungan dengan Kejadian Anemia pada Remaja Putri. *Jurnal Kesehatan*, *8*(3), 358. https://doi.org/10.26630/jk.v8i3.625

Kemenkes. (2022). Buku Saku Hasil Survey Status Gizi Indonesia (SSGI) Tahun 2022. *Kemenkes*, 1–7.

Kemenkes RI. (2018). Hasil Riset Kesehatan Dasar Tahun 2018. *Kementrian Kesehatan RI*, *53*(9), 1689–1699.

Kementeri Kesehatan RI. (2022). *Profil Kesehatan Indonesia 2022*. Kementerian Kesehatan RI.

Nurohmi, S., Pibriyanti, K., & Sari, D. D. (2021). Efektivitas Suplementasi Zat Besi Dan Vitamin C Untuk Memperbaiki Status Anemia Santri. *Media Gizi Mikro Indonesia*, *12*(2), 93–106. https://doi.org/10.22435/mgmi.v12i2.3856

Prameswari, F. S. P., Astuti, W., Rosdiana, D. S., Fauza, A., & Insani, H. M. (2022). Persepsi Body Image dan Kualitas Konsumsi Makanan Remaja Putri dengan Status Gizi Normal dan Lebih di Kota Bandung (Body Image Perception and Food Consumption Quality of Normal- And Over-Nutrition Female Adolescents in Bandung City). *Jurnal Gizi Dan Dietetik*, *1*(3), 216–223.

Putri, S. A., Neherta, M., & Fajria, L. (2023). *Pendidikan kesehatan dengan mixed media education intervention program berpengaruh terhadap pengetahuan dan sikap remaja putri tentang anemia gizi besi*. *14*(1).

Rachmi, C. N., Wulandari, E., Kurniawan, H., Wiradnyani, L. A. A., Ridwan, R., & Akib, T. C. (2019). Buku Panduan Siswa AKSI BERGIZI. *Kemenkes RI*, 1–188.

Rokhmah, F., Muniroh, L., & Nindya, T. S. (2017). Hubungan Tingkat Kecukupan Energi Dan Zat Gizi Makro Dengan Status Gizi Siswi Sma Di Pondok Pesantren Al-Izzah Kota Batu. *Media Gizi Indonesia*, *11*(1), 94. https://doi.org/10.20473/mgi.v11i1.94-100

Sari, T. I., & Rosyidah, R. (2020). Pengaruh Body Shaming terhadap Kecenderungan Anorexia Nervosa pada Remaja Perempuan di Surabaya. *Personifikasi: Jurnal Ilmu Psikologi*, *11*(2), 202–217. https://doi.org/10.21107/personifikasi.v11i2.9105

Unicef. (2021). Meningkatkan Gizi Remaja Di Indonesia. *Unicef Indonesia*. https://www.unicef.org/indonesia/media/9251/file/Ringkasan Eksekutif Strategi Komunikasi.pdf

Zaki, I., & Dietasin. (2017). Asupan zat gizi makro dan lingkar lengan atas pada remaja putri di kawasan perdesaan kabupaten banyumas. *Pangan, Gizi Dan Kesehatan*, *7*(1), 435–441.