

## ABSTRAK

Konsumsi Protein Hewani Terhadap Status Gizi dan Kadar Hemoglobin pada Mahasiswi di Universitas Dhyana Pura.

Anak Agung Made Ayu Yuliana Dewi

Mahasiswi termasuk kelompok usia produktif yang rentan mengalami anemia dan kekurangan gizi akibat pola makan yang tidak seimbang. Konsumsi protein hewani berperan penting sebagai sumber zat besi heme yang dibutuhkan dalam pembentukan hemoglobin dan menjaga status gizi. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi protein hewani terhadap kadar hemoglobin dan status gizi pada mahasiswi Universitas Dhyana Pura. Penelitian ini menggunakan rancangan kuantitatif deskriptif korelasional dengan sampel berjumlah 98 mahasiswi yang diambil menggunakan teknik cluster sampling. Instrumen penelitian meliputi *Semi Quantitative Food Frequency Questionnaire*, pengukuran Lingkar Lengan Atas (LILA), dan pemeriksaan kadar hemoglobin dengan alat digital. Hasil penelitian menunjukkan sebagian besar responden memiliki kadar hemoglobin rendah (68,4%). Terdapat hubungan yang signifikan antara konsumsi protein hewani dengan kadar hemoglobin ( $p = 0,000$ ), serta hubungan yang signifikan namun negatif dengan status gizi berdasarkan LILA ( $p = 0,015$ ). Disimpulkan bahwa konsumsi protein hewani berhubungan dengan kadar hemoglobin dan status gizi. Oleh karena itu, disarankan agar mahasiswi meningkatkan konsumsi protein hewani yang beragam dan berkualitas sebagai upaya pencegahan anemia dan perbaikan status gizi.

***Kata kunci: Anemia, Hemoglobin, Mahasiswi, Protein hewani, Status gizi***

## ABSTRACT

### **Animal Protein Consumption On Nutritional Status And Haemoglobin Levels In Female Students At Dhyana Pura University**

Anak Agung Made Ayu Yuliana Dewi

Female college students belong to the productive age group who are prone to anaemia and malnutrition due to an unbalanced diet. Consumption of animal protein plays an important role as a source of heme iron needed in the formation of haemoglobin and maintaining nutritional status. This study aims to determine the relationship of animal protein consumption to haemoglobin levels and nutritional status in female students of Dhyana Pura University. This study used a descriptive correlational quantitative design with a sample of 98 female students who were taken using cluster sampling technique. The research instruments included Semi Quantitative Food Frequency Questionnaire, measurement of Upper Arm Circumference (LILA), and examination of haemoglobin levels with digital devices. The results showed that most of the respondents had low haemoglobin levels (68.4%). There was a significant relationship between animal protein consumption and haemoglobin levels ( $p = 0.000$ ), and a significant but negative relationship with nutritional status based on LILA ( $p = 0.015$ ). It was concluded that animal protein consumption is associated with haemoglobin levels and nutritional status. Therefore, it is recommended that female students increase their consumption of diverse and quality animal protein as an effort to prevent anaemia and improve nutritional status.

***Keywords: Anaemia, Haemoglobin, College student, Animal protein, Nutritional status***