

ABSTRAK

Syavira Novelia Ramadani. 2024. Pengaruh Penyuluhan Pola Menu dan Standar Porsi Sebagai Upaya Pencegahan Anemia terhadap Pengetahuan Penjamah Makanan di Pondok Pesantren Minhajurrosyidin Kabupaten Gresik. Skripsi. Politeknik Kesehatan Kemenkes Malang. Pembimbing Rani Nurmayanti, SST, M.Gizi dan Indri Hapsari, STP, M.T.P.

Latar belakang masalah gizi yang sering terjadi pada remaja khususnya remaja putri adalah anemia, dengan prevalensi anemia di Indonesia sebesar 48,9%. Penelitian di beberapa pondok pesantren menunjukkan prevalensi anemia yang tinggi, seperti 63,8% di Pondok Pesantren Hidayatussalikin dan 80% di Pondok Pesantren Darussalam. Anemia dapat menyebabkan komplikasi seperti kelelahan kronis dan penurunan prestasi belajar, sehingga penanganan anemia pada remaja perlu diprioritaskan. Pola makan yang tidak teratur, kebiasaan jajan, tidak sarapan, dan konsumsi minuman yang menghambat penyerapan zat besi mempengaruhi kadar hemoglobin. Konsumsi makanan seimbang diharapkan dapat memenuhi kebutuhan gizi tubuh secara optimal. Pondok pesantren, sebagai tempat mendidik santri, perlu memastikan pemenuhan gizi yang baik. Pengetahuan penjamah makanan tentang gizi sangat penting dalam menentukan ketepatan pemorsian makanan dan menjaga kualitas pangan. Survei pendahuluan menunjukkan bahwa pola menu dan standar porsi di Pondok Pesantren Minhajurrosyidin Kabupaten Gresik belum terencana dengan baik. **Tujuan penelitian** untuk menganalisis pengaruh penyuluhan pola menu dan standar porsi sebagai upaya pencegahan anemia terhadap pengetahuan penjamah makanan di Pondok Pesantren Minhajurrosyidin Kabupaten Gresik. **Metode penelitian** ini menggunakan penelitian kuantitatif dengan desain penelitian *one group pretest and posttest* design. **Hasil analisis** menunjukkan bahwa setelah penyuluhan, pola menu mengalami peningkatan komponen meskipun masih dalam kategori tidak seimbang, dan standar porsi makanan pokok, lauk hewani serta lauk nabati dalam kategori sesuai, namun sayur dan buah tetap dalam kategori tidak sesuai. Pengetahuan penjamah makanan juga meningkat secara signifikan setelah penyuluhan, yang menunjukkan adanya pengaruh penyuluhan pola menu dan standar porsi sebagai upaya pencegahan anemia terhadap pengetahuan penjamah makanan di Pondok Pesantren Minhajurrosyidin.

Kata Kunci: Anemia, Penyuluhan, Pola Menu, Standar Porsi, Pengetahuan

ABSTRACT

Syavira Novelia Ramadani. 2024. *The Effect of Menu Pattern Counseling and Portion Standards as an Effort to Prevent Anemia on the Knowledge of Food Handlers at Minhajurrosyidin Islamic Boarding School, Gresik Regency*. Thesis. Health Polytechnic of the Ministry of Health Malang. Supervisors Rani Nurmayanti, SST, M.Gizi and Indri Hapsari, STP, M.T.P.

The background of nutritional problems that often occur in adolescents, especially adolescent girls, is anemia, with the prevalence of anemia in Indonesia at 48.9%. Research in several Islamic boarding schools showed a high prevalence of anemia, such as 63.8% in Hidayatussalikin Islamic Boarding School and 80% in Darussalam Islamic Boarding School. Anemia can cause complications such as chronic fatigue and decreased learning achievement, so treating anemia in adolescents needs to be prioritized. Irregular diet, snacks, skipping breakfast, and consumption of beverages that inhibit iron absorption affect hemoglobin levels. Consumption of a balanced diet is expected to fulfill the body's nutritional needs optimally. Islamic boarding schools, as a place to educate students, need to ensure the fulfillment of good nutrition. Food handlers' knowledge of nutrition is very important in determining the accuracy of food portioning and maintaining food quality. The preliminary survey showed that the menu patterns and portion standards at the Minhajurrosyidin Islamic Boarding School in Gresik Regency were not well planned. **The purpose of study** was to analyze the effect of counseling on menu patterns and portion standards as an effort to prevent anemia on the knowledge of food handlers at Minhajurrosyidin Islamic Boarding School, Gresik Regency. **This research method** uses quantitative research with a one group pretest and posttest design. **The results of analysis** showed that after counseling, the menu pattern had improved components although it was still in the unbalanced category, and the portion standards of staple foods, animal side dishes and vegetable side dishes were in the appropriate category, but vegetables and fruits remained in the inappropriate category. The knowledge of food handlers also increased significantly after counseling, which shows the effect of counseling menu patterns and portion standards as an effort to prevent anemia on the knowledge of food handlers at the Minhajurrosyidin Islamic Boarding School.

Keywords: Anemia, Counseling, Menu Pattern, Portion Standard, Knowledge