

ABSTRAK

KORELASI STATUS GIZI TERHADAP RISIKO ANEMIA PADA SISWA SDN CIJAGRA 1 BOJONGSOANG KABUPATEN BANDUNG

Pendahuluan: Anemia merupakan masalah kesehatan global yang dapat memengaruhi pertumbuhan dan perkembangan anak usia sekolah. Status gizi diduga berhubungan dengan kejadian anemia, namun hubungan tersebut masih perlu dikaji lebih lanjut. Penelitian ini bertujuan untuk menganalisis korelasi antara status gizi dan risiko anemia pada siswa SDN Cijagra 1 Bojongsoang, Kabupaten Bandung. **Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sampel terdiri dari 69 siswa berusia 10-12 tahun yang dipilih dengan teknik purposive sampling berdasarkan kriteria inklusi dan eksklusi. Pengukuran status gizi dilakukan dengan menilai berat badan dan tinggi badan untuk menentukan Indeks Massa Tubuh (IMT), sedangkan kadar hemoglobin diukur menggunakan metode POCT (Point of Care Testing). Analisis bivariat dilakukan dengan uji Spearman. **Hasil:** Mayoritas siswa memiliki status gizi baik (65%) dan tidak mengalami anemia (94%). Sebagian kecil mengalami anemia ringan (3%) dan anemia sedang (3%), tanpa kasus anemia berat. Analisis statistik menunjukkan koefisien korelasi -0,118 dengan nilai $p=0,335$, yang menunjukkan hubungan sangat lemah dan tidak bermakna secara statistik antara status gizi dan kejadian anemia ($p>0,05$). **Diskusi:** Hasil penelitian menunjukkan bahwa status gizi yang baik tidak selalu menjadi faktor utama dalam mencegah anemia pada anak sekolah dasar. Faktor lain seperti pola makan, infeksi, dan kondisi genetik kemungkinan memiliki peran lebih signifikan terhadap kejadian anemia. **Kesimpulan:** Tidak terdapat korelasi yang bermakna antara status gizi dengan risiko anemia pada siswa SDN Cijagra 1 Bojongsoang, Kabupaten Bandung. Intervensi berupa edukasi gizi mengenai asupan zat besi dan pemeriksaan kesehatan rutin tetap diperlukan untuk pencegahan anemia.

Kata Kunci: anemia, status gizi, siswa sekolah dasar, hemoglobin, *point of care testing*

ABSTRACT

CORRELATION OF NUTRITIONAL STATUS TO THE RISK OF ANEMIA IN STUDENTS OF SDN CIJAGRA 1 BOJONGSOANG BANDUNG REGENCY

Introduction: Anemia is a global health problem that can affect the growth and development of school-age children. Nutritional status is suspected to be related to the incidence of anemia, but this relationship needs further investigation. This study aims to analyze the correlation between nutritional status and the risk of anemia in students at SDN Cijagra 1 Bojongsoang, Bandung Regency. **Methods:** This study employed an observational analytic design with a cross-sectional approach. The sample consisted of 69 students aged 10-12 years, selected using a purposive sampling technique based on inclusion and exclusion criteria. Nutritional status was assessed by measuring body weight and height to determine Body Mass Index (BMI), while hemoglobin levels were measured using the Point of Care Testing (POCT) method. Bivariate analysis was conducted using the Spearman test. **Results:** The majority of students had good nutritional status (65%) and did not experience anemia (94%). A small percentage had mild anemia (3%) and moderate anemia (3%), with no cases of severe anemia. Statistical analysis showed a correlation coefficient of -0.118 with a p-value of 0.335, indicating a very weak and statistically insignificant relationship between nutritional status and anemia incidence ($p > 0.05$). **Discussion:** The findings indicate that good nutritional status is not always the primary determinant in preventing anemia among elementary school children. Other factors such as diet, infections, and genetic conditions may play a more significant role in anemia incidence. **Conclusion:** There is no significant correlation between nutritional status and the risk of anemia in students at SDN Cijagra 1 Bojongsoang, Bandung Regency. Interventions in the form of nutritional education on iron intake and regular health screenings remain necessary for anemia prevention.

Keywords: anemia, nutritional status, elementary school students, hemoglobin, point of care testing