

ABSTRAK

Asupan protein hewani termasuk suatu faktor yang berpengaruh pada kadar hemoglobin, dan anemia dianggap sebagai permasalahan kesehatan yang sering dialami perempuan usia reproduksi, khususnya mahasiswi. Studi ini menyelidiki mahasiswa Fakultas Kedokteran Universitas Pasundan Bandung yang mengonsumsi protein hewani dan kadar hemoglobin mereka. Studi ini dirancang menggunakan pendekatan cross-sectional pada 56 responden. Data asupan protein akan dikumpulkan melalui angket serta pemeriksaan kadar hemoglobin dilakukan dengan alat AccuPro. Hasil analisis statistik menggunakan uji *Chi-Square* membuktikan jika tidak ada kaitan signifikan antar asupan protein hewani dan kadar hemoglobin. Hasil $p = 0,631$ ($p > 0,05$) dan $r = 0,064$. Studi ini menemukan bahwa faktor lain di luar asupan protein hewani kemungkinan lebih berpengaruh pada kadar hemoglobin mahasiswi. Oleh karena itu, edukasi gizi tetap penting untuk menghindari anemia.

Kata Kunci: Asupan protein hewani, hemoglobin, anemia, mahasiswa kedokteran

ABSTRACT

Animal protein intake is one factor suspected of influencing hemoglobin levels, and anemia is a common health problem for women of reproductive age, including female students. This study investigated animal protein intake among medical students at Pasundan University, Bandung, and their hemoglobin levels. The study used a cross-sectional design with 56 participants. Protein intake data were collected through questionnaires, and hemoglobin levels were measured using an AccuPro device. Statistical analysis using the Chi-Square test showed no significant relationship between animal protein intake and hemoglobin levels. The p-value was 0.631 ($p > 0.05$) and $r = 0.064$. This study found that factors other than animal protein intake likely influence hemoglobin levels among female students. Therefore, nutrition education remains important to prevent anemia.

Keywords: Animal protein intake, hemoglobin, anemia, medical students