

ABSTRAK

Latar Belakang: Anemia merupakan salah satu masalah kesehatan yang signifikan pada mahasiswa kedokteran. Status gizi mempengaruhi kadar hemoglobin melalui berbagai mekanisme. Anemia menyebabkan kelelahan, kelemahan, pusing, penurunan kapasitas fisik, gangguan fungsi kognitif, penurunan konsentrasi, dan kesulitan belajar yang berdampak pada performa akademik.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan status gizi dengan kadar hemoglobin pada mahasiswa Fakultas Kedokteran Universitas Pasundan tahun 2025.

Metode: Penelitian *cross-sectional* ini melibatkan 90 mahasiswa yang dipilih melalui *simple random sampling*. Status gizi dinilai berdasarkan Indeks Massa Tubuh menggunakan timbangan digital Omron dan Microtoise OneMed. Kadar hemoglobin diukur menggunakan Fokus Hemoglobin Meter HBM-22. Analisis data menggunakan uji Chi-Square ($\alpha=0,05$).

Hasil: Hasil menunjukkan 50,0% memiliki status gizi normal, 20,0% berat badan berlebih, 17,8% kurus, dan 12,2% obesitas. Prevalensi anemia mencapai 34,4% dengan anemia ringan (16,7%) dan anemia sedang (17,8%). Mahasiswa dengan status gizi kurus dan berat badan berlebih memiliki proporsi anemia tertinggi (masing-masing 32,2%), sedangkan status gizi normal memiliki proporsi tidak anemia tertinggi (61,0%). Uji Chi-Square menunjukkan hubungan signifikan ($p=0,002$).

Kesimpulan: Terdapat hubungan yang signifikan antara status gizi dengan kadar hemoglobin pada mahasiswa Fakultas Kedokteran Universitas Pasundan Tahun 2025.

Kata kunci: *status gizi; kadar hemoglobin; anemia; mahasiswa kedokteran; indeks massa tubuh*

ABSTRACT

Background: Anemia is one of significant health problem among female medical students. Nutritional status affects hemoglobin levels through various mechanisms. Anemia causes fatigue, weakness, dizziness, decreased physical capacity, impaired cognitive function, reduced concentration, and learning difficulties that affect academic performance.

Objective: This study aimed to analyze the relationship between nutritional status and hemoglobin levels among female medical students at Pasundan University Faculty of Medicine in 2025.

Methods: This cross-sectional study involved 90 female students selected through simple random sampling. Nutritional status was assessed using Body Mass Index with Omron digital scale and OneMed microtoise. Hemoglobin levels were measured using Fokus Hemoglobin Meter HBM-22. Data were analyzed using Chi-Square test ($\alpha=0.05$).

Results: Results showed 50.0% had normal nutritional status, 20.0% were overweight, 17.8% were underweight, and 12.2% were obese. Anemia prevalence reached 34.4% with mild anemia (16.7%) and moderate anemia (17.8%). Underweight and overweight students had the highest anemia proportion (32.2% each), while normal nutritional status had the highest non-anemia proportion (61.0%). Chi-Square test revealed a significant relationship ($p=0.002$).

Conclusion: There is a significant association between nutritional status and hemoglobin levels among female students of the Faculty of Medicine, Pasundan University, in 2025.

Keywords: *nutritional status; hemoglobin levels; anemia; female medical students; body mass index*