

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Perilaku *Breakfast skipping* Dengan Kadar Hemoglobin Pada Remaja Putri SMAN Plus Sukowono, 2026.

xix + 114 hal + 2 bagan + 12 tabel + 17 lampiran

Abstrak

Breakfast skipping merupakan kebiasaan melewati sarapan yang dapat menyebabkan berkurangnya asupan zat gizi, terutama zat besi, sehingga berpotensi menurunkan kadar hemoglobin pada remaja putri. Penelitian ini menggunakan desain penelitian korelasional dengan pendekatan *cross-sectional* yang bertujuan untuk mengidentifikasi hubungan perilaku *breakfast skipping* dengan kadar hemoglobin pada remaja putri di SMAN Plus Sukowono. Populasi penelitian adalah seluruh remaja putri kelas X dan XI sebanyak 135 siswi dengan sampel sebanyak 101 responden yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner perilaku *breakfast skipping* dan pemeriksaan kadar hemoglobin menggunakan alat *Easy Touch GCHb*. Analisis data menggunakan uji Spearman Rho. Hasil penelitian menunjukkan bahwa sebagian besar responden melakukan *breakfast skipping* dan sebagian besar memiliki kadar hemoglobin rendah. Hasil analisis uji *Spearman Rho* menunjukkan nilai $p = 0,001$ dengan koefisien korelasi $r = -0,382$, yang berarti terdapat hubungan yang signifikan dengan arah hubungan negatif dengan berkekuatan lemah antara perilaku *breakfast skipping* dan kadar hemoglobin pada remaja putri di SMAN Plus Sukowono. Kesimpulan penelitian ini adalah terdapat hubungan yang signifikan antara perilaku *breakfast skipping* dengan kadar hemoglobin pada remaja putri di SMAN Plus Sukowono. Implikasi penelitian ini diharapkan dapat menjadi dasar bagi tenaga kesehatan, khususnya perawat, dalam meningkatkan upaya promotif dan preventif melalui edukasi mengenai pentingnya kebiasaan sarapan sebagai salah satu strategi pencegahan anemia pada remaja putri.

Kata kunci: *Breakfast skipping*, Kadar hemoglobin, Remaja putri
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Abstract

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The Relationship Between Skipping Breakfast and Hemoglobin Levels Among Adolescent Girls at SMAN Plus Sukowono

xix + 114 pages + 2 charts + 12 tables + 17 appendices

Abstract

Breakfast skipping is the habit of skipping breakfast, which may reduce nutrient intake, particularly iron, and potentially affect hemoglobin levels in adolescent girls. This study employed a correlational research design with a cross-sectional approach to identify the relationship between breakfast skipping behavior and hemoglobin levels among female adolescents at SMAN Plus Sukowono. The study population consisted of 135 female students in grades X and XI, with a sample of 101 respondents selected using purposive sampling. Data were collected using a breakfast skipping behavior questionnaire and hemoglobin level measurements with the EasyTouch GCHb device. Data were analyzed using the Spearman Rank test. The results showed that most respondents had a low category of breakfast skipping behavior and normal hemoglobin levels. The Spearman Rank test revealed a p-value of 0.001 with a correlation coefficient of $r = 0.382$, indicating a significant relationship between breakfast skipping behavior and hemoglobin levels among female adolescents at SMAN Plus Sukowono. The study concluded that there was a significant relationship between breakfast skipping behavior and hemoglobin levels among female adolescents at SMAN Plus Sukowono. The findings are expected to serve as a basis for healthcare professionals, particularly nurses, in strengthening promotive and preventive efforts through education on the importance of regular breakfast habits as one strategy to prevent anemia among adolescent girls.

Keywords: breakfast skipping, hemoglobin level, female adolescents
Bibliography 30 (2020 – 2026)