BREAKFAST AND HEMOGLOBIN LEVEL AMONG FEMALE JUNIOR HIGH SCHOOL STUDENT IN SURAKARTA, CENTRAL JAVA

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ABSTRACT

Background: Physical activity among school-age adolescents make them skipping the breakfast. Skipping breakfast can cause a loss of energy and nutrients needed for hemoglobin (Hb) synthesis. This study aimed to examine the effect of breakfast on anemia levels among female adolescent.

Subjects and Method: A cross-sectional was conducted by involving 30 female adolescent aged 13-15. The study subjects were divided into 30 female adolescent had breakfast group and 30 female adolescent had no breakfast group. Breakfast was the consumption of food and side dishes from waking up until 10:00 AM. The dependent variable was Hb level and the dependent variable was breakfast. The data were collected by measuring the HB level and questionnaire. The data then analyzed using Chi-square test. The association between breakfast habits and hemoglobin levels was analyzed by means of the Gamma Somers test.

Results: The breakfast habit increased the Hb level among female adolescent (OR= 1.75; p= 0.003), and it was statistically significant.

Conclusion: Female adolescent with a good breakfast habit increase the Hb level and prevent the anemia.

Keywords: breakfast, female adolescent, hemoglobin levels

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