

**LEMBAR**  
**HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW**  
**KARYA ILMIAH : JURNAL ILMIAH**

Judul Artikel Ilmiah : Potensi Female Athlete Triad pada Atlet Remaja Putri Defisiensi Besi

Penulis Artikel Ilmiah : **Fillah Fithra Dieny**, Deny Yudi Fitranti, Firdananda Fikri Jauharany, A Fahmy Arif Tsani

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Identitas Jurnal Ilmiah :

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| Ruang Lingkup dan Kedalaman Pembahasan     |                                                                | : Pembahasan dijelaskan dengan lengkap, hasil lab para atlet ditampilkan, simpulan jelas dan sesuai tujuan penelitian. Referensi yang dipakai memadai dan relevan. |                        |                              |                            |
| Kecukupan & Kemutakhiran Data & Metodologi |                                                                | : Metode dijabarkan dengan jelas, penghitungan jumlah sampel detail, dan kriteria sampel inklusi dan eksklusi jelas. Etik penelitian ditampilkan.                  |                        |                              |                            |
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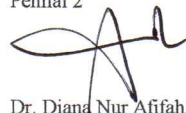
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| Ruang Lingkup dan Kedalaman Pembahasan     | : Penelitian untuk menganalisis hubungan defisiensi besi dengan keadaan female athlete triad (FAT) pada atlet remaja putri. Sesuai bidang ilmu dan pembahasan cukup mendalam dengan mensitasi >80% pustaka primer. |
| Kecukupan & Kemutakhiran Data & Metodologi | : Desain penelitian ini adalah cross-sectional dengan 80 subjek atlet putri berusia 12-18 tahun dari berbagai cabang olahraga yang diambil secara                                                                  |
| Kelengkapan Unsur dan Kualitas Penerbit    | : Terbitan lengkap memuat vol, no, tahun dan daftar isi dan terindeks di Sinta 2.                                                                                                                                  |

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- |   |                                                                                                                                                                                                                                                                          |       |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| □ | Potensi <i>Female Athlete Triad</i> pada Atlet Remaja Putri Defisiensi Besi<br><i>Fillah Fithra Dieny, Deny Yudi Fitranti, Firdananda Fikri Jauharany, A Fahmy Arif Tsani</i>                                                                                            | 1-10  |
| □ | Pengaruh Pemberian Buah Terhadap Gejala Depresi, Suasana Hati ( <i>Mood</i> ) Dan Vitalitas pada Remaja Putri di Pondok Pesantren Assiddiqiyah<br><i>Asri Nur Latifah, Khairizka Citra Palupi, Mertien Sapang</i>                                                        | 11-20 |
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| □ | Peran Keluarga dengan Anak Berat Badan Lahir Rendah dan Panjang Badan Lahir Pendek untuk Mencapai Pertumbuhan Optimal (Studi Kohor Tumbuh Kembang Anak di Kota Bogor)<br><i>Amalia Safitri, Rika Rachmawati, Elisa Diana Julianti, Dyah Santi Puspitasari, Aditianti</i> | 31-40 |
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- |                                                                                                                                                                                                                                                                                                            |         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| <ul style="list-style-type: none"> <li>□ Pendampingan Ibu Hamil di Desa Fokus Stunting Kabupaten Lampung Timur<br/><i>Bertalina, Antun Rahmadi</i></li> </ul>                                                                                                                                              | 97-108  |
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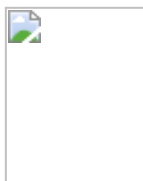
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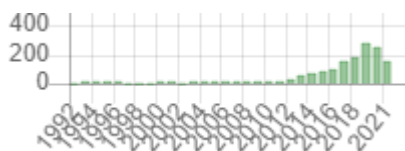
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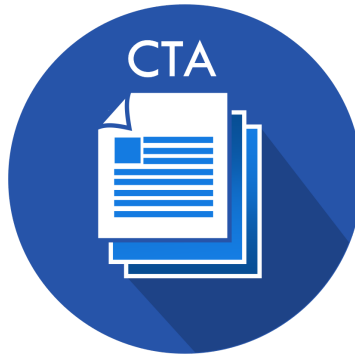
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## POTENSI FEMALE ATHLETE TRIAD PADA ATLET REMAJA PUTRI DEFISIENSI BESI



Fillah Fithra Dieny, Deny Yudi Fitranti, Firdananda Fikri Jauharany, A Fahmy Arif Tsani


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### Abstract

The female athlete triad (FAT) is a syndrome that occurs in female athletes who have a combination of 3 related conditions and are associated with sports. The aimed of this study to analyze the relationship between iron deficiency and the state of the female athlete triad (FAT) in female athletes. The design of this study was cross sectional with 80 subjects of female athletes aged 12-18 years from various sports, who were taken by simple random sampling. The research was conducted at the Central Java Student Center for Education and Sports Training (BPPLP). Bivariate analysis was performed using the Spearman test. Based on Ferritin, as many as 15 subjects (18.25%) had iron deficiency anemia, and FAT syndrome was not found in the subjects, however, when each sign was seen, 20 percent were classified as polimenorrhea and oligomenorrhea, and 37.5 percent experienced eating disorders. There were a significant relationship between iron deficiency based on serum ferritin ( $p = 0.015$ ;  $r = 0.273$ ) and Hb levels ( $p = 0.002$ ;  $r = 0.337$ ) with the component of athlete's bone density. However, iron deficiency (based on serum Ferritin and Hb levels) did not show a significant association with menstrual cycle disorders and eating disorders ( $p < 0.05$ ). Female Athlete Triad has not been found among subjects, but athletes have experienced eating behavior disorders, menstrual cycle disorders and the risk of low bone density. Iron deficiency is associated with decreased bone density in young female athletes.

### ABSTRAK

*Female athlete triad* (FAT) merupakan suatu syndrom yang terjadi pada atlet wanita yang memiliki kombinasi dari 3 kondisi yang saling berkaitan, dan berhubungan dengan olahraga. Tujuan penelitian untuk menganalisis hubungan defisiensi besi dengan keadaan *female athlete triad* (FAT) pada atlet remaja putri. Desain penelitian ini adalah *cross-sectional* dengan 80 subjek atlet putri berusia 12-18 tahun dari berbagai cabang olahraga yang diambil secara *simple random sampling*. Penelitian dilakukan di Balai Pemusatan Pendidikan dan Latihan Olahraga Pelajar (BPPLP) Jateng. Analisis univariat untuk mendeskripsikan data berupa distribusi dan persentase. Analisis bivariat dilakukan menggunakan uji Spearman. Berdasarkan data serum ferritin,



sebanyak 15 subjek (18,25%) mengalami anemia defisiensi besi, namun belum ditemukan kejadian FAT pada subjek, tetapi bila dilihat masing masing tanda sebanyak 20 persen tergolong polimenorea dan oligomenorea, serta 37,5 persen mengalami gangguan perilaku makan. Ada hubungan yang signifikan antara defisiensi besi berdasarkan serum ferritin ( $p=0,015$ ;  $r=0,273$ ) dan kadar Hb ( $p=0,002$ ;  $r=0,337$ ) dengan komponen kepadatan tulang atlet. Namun defisiensi besi (berdasarkan serum Ferritin dan Kadar Hb) tidak menunjukkan hubungan yang signifikan dengan gangguan siklus menstruasi dan gangguan perilaku makan ( $p<0,05$ ). FAT belum ditemukan pada atlet remaja putri, namun atlet sudah ada yang mengalami gangguan perilaku makan, gangguan siklus menstruasi dan risiko kepadatan tulang rendah. Defisiensi besi berhubungan dengan menurunnya kepadatan tulang atlet remaja putri.

**Kata kunci:** atlet; remaja putri; defisiensi besi; female athlete triad (FAT)

## Keywords

athletes; female adolescents; iron deficiency; female athlete triad

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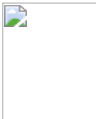
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