

## ABSTRAK

**Noraishah, Noraishah. 2023. Pengaruh Edukasi Media Video Animasi Terhadap Pengetahuan Dan Sikap Remaja Putri Tentang Konsumsi Tablet Tambah Darah Dalam Upaya Pencegahan Anemia Di Man 2 Kota Malang. Poltekkes Kemenkes Malang Prodi Sarjana Terapan Promosi Kesehatan. Pembimbing I : Dr. Farida Halis DK, S.Kp, M.Pd, Pembimbing II : Dr. Ganif Djuwadi, SST, S.Pd, M.Kes**

Angka kejadian anemia di Indonesia terbilang masih cukup tinggi. Hal tersebut dipengaruhi oleh kebiasaan asupan gizi yang tidak optimal dan kurangnya aktifitas fisik. Remaja pada masa pubertas sangat berisiko mengalami anemia gizi besi. Hal ini disebabkan banyaknya zat besi yang hilang selama menstruasi. Selain itu diperburuk dengan oleh kurangnya asupan zat besi, dimana dimana zat besi pada remaja putri (rematri) sangat dibutuhkan oleh tubuh untuk percepatan pertumbuhan dan perkembangan. Tujuan penelitian ini untuk mengetahui pengaruh pendidikan kesehatan dengan media video animasi terhadap pengetahuan dan sikap siswi tentang Tablet Tambah Darah dan anemia. Jenis penelitian adalah penelitian kuantitatif. Desain penelitian adalah *pre-eksperimental* dengan rancangan *one group pre-posttest*. Instrumen penelitian menggunakan kuesioner. Teknik sample adalah *total sampling*. Informan dalam penelitian ini berjumlah 35 siswi kelas XI MIPA 2. Analisa bivariat menggunakan uji Wilcoxon. Hasil penelitian terdapat perbedaan pengetahuan antara pretest dan posttest dengan menggunakan media video animasi mengenai tablet tambah darah dan anemia, hasil pada pre-test pengetahuan berkategori cukup dan pada pre-test sikap berkategori cukup. Setelah diberikan edukasi didapatkan hasil perubahan pengetahuan dan sikap yang meningkat menjadi baik. Kesimpulan bahwa media video animasi efektif untuk meningkatkan pengetahuan remaja putri tentang Tablet Tambah Darah dan anemia.

Kata kunci: Tablet Tambah darah, Anemia, Remaja putri, Pengetahuan, Sikap

## ABSTRACT

**Noraishah, Noraishah. 2023. The Effect of Animation Media Education on Knowledge and Attitudes of Young Women About Consumption of Blood Supplementary Tablets in an Effort to Prevent Anemia in MAN 2 Kota Malang. Poltekkes Kemenkes Malang Bachelor of Applied Health Promotion Study Program. Supervisor I : Dr. Farida Halis DK, S.Kp, M.Pd, Supervisor II : Dr. Ganif Djuwadi, SST, S.Pd, M.Kes**

The incidence of anemia in Indonesia is still quite high. This is influenced by a habit of nutritional intake that is not optimal and a lack of physical activity. Adolescents during puberty are at high risk of developing iron deficiency anemia. This is due to the large amount of iron lost during menstruation. In addition, it is exacerbated by a lack of iron intake, where iron in young women is needed by the body to accelerate growth and development. The purpose of this study was to determine the effect of health education using animated video media on students' knowledge and attitudes about blood supplement tablets and anemia. This type of research is called quantitative research. The research design was pre-experimental with a one-group pre-posttest design. The research instrument used was a questionnaire. The sampling technique is total sampling. The informants in this study were 35 students of class XI MIPA 2. Bivariate analysis used the Wilcoxon test. The results of the study showed that there was a difference in knowledge between the pretest and posttest by using video animation media regarding blood supplement tablets and anemia. The results of the pre-test of knowledge were in the sufficient category, and in the pre-test, the attitude was in the sufficient category. After being given education, the results of changes in knowledge and attitudes increased for the better. The conclusion is that animated video media is effective in increasing young women's knowledge about blood supplement tablets and anemia.

Keyword: blood supplement tablets, Anemia, Adolescents, Knowledge, attitude