

## ABSTRACT

**Adek Dwi Pratiwi. 2024. Differences in Knowledge and Attitudes Before and After Nutrition Counseling about Anemia Using Videos for Teenage Girls at Malang Islamic High School.**

**Supervisors:** Tapriadi, SKM., M. Pd and Sugeng Iwan S., STP., M. Kes

**Background:** Anemia is one of three nutritional problems that often occurs in teenage girls. According to Riskesdas 2018, the prevalence of anemia in Indonesia has increased from 37.1% to 48.9%. Based on the problem level category according to WHO, anemia in East Java is in the severe category, because 42% of teenage girls in East Java experience anemia. Malang Islamic High School is one of the schools in Malang City which is located in the working area of the Rampal Celaket Community Health Center. Based on the results of early anemia screening in 2023, it was found that the prevalence of anemia was 37.3% of 126 female students. Apart from that, based on a preliminary study of 10 female students, it was found that 50% had poor knowledge, 20% had sufficient knowledge, and 30% had good knowledge. It was also found that as many as 40% had a negative attitude and 60% had a positive attitude. However, increasing knowledge and attitudes among teenage girls about anemia still needs to be done as a form of anemia prevention considering that the impact of anemia on teenage girls can be at risk of stunting.

**Purpose:** To determine the differences in knowledge and attitudes before and after nutrition education about anemia using video among teenage girls at Malang Islamic High School.

**Method:** This type of research is pre-experimental research. This research design uses a one group pretest-posttest design. The sampling method used was purposive sampling. The respondents in this study were 34 female students in class XI MIPA 2 and XI MIPA 3 at Malang Islamic High School.

**Results:** The average value of respondents knowledge before and after counseling was 56.62 and 84.12. The average value of respondents attitudes before and after counseling was 62.26 and 92.89. The results of the Wilcoxon signed rank test show that there is a significant difference in knowledge ( $p$ -value= 0.000) and attitude ( $p$ -value= 0.000) before and after counseling.

**Conclusion:** There are differences in knowledge and attitudes before and after nutrition education about anemia using videos for teenage girls at Malang Islamic High School.

**Keywords:** Counseling, Knowledge, Attitudes, Anemia, Teenage Girls