

ABSTRACT

Kholishoh, Rifdah 2024. *The Influence of Education Using E-Booklet Media on the Knowledge of Young Women at SMPN 1 Pakis Regarding Anemia Prevention*, Skripsi, Health Polytechnic, Ministry of Health, Malang, Department of Health Promotion. Supervisor I: Jupriyono, S.Kp. M.Kes, Supervisor II: Pudji Suryani, S.Kp., MKM

Anemia in young women can be at higher risk because it can cause a person to experience a decrease in their immune system, making them susceptible to health problems. A form of health education that can be done to prevent anemia can be done through health education. The media that can be used for health education is e-booklets. The aim of this research was to determine the effect of education using e-booklets on changes in adolescent girls' knowledge about preventing anemia. This research is a quantitative research with a pre-experiment research design using a one group pretest posttest design. The population of this study was 124 teenage girls in class VIII of SMPN 1 Pakis with a total sample of 30 teenage girls who were selected using purposive sampling techniques with inclusion and exclusion criteria. The instrument used was a questionnaire. The research results show that the average knowledge value before education is 56.47 and the average value after education is 84.03. The Wilcoxon test results show a p-value of $0.000 < 0.05$, it can be concluded that H1 is accepted and there is an influence of providing education using e-booklet media on changes in young women's knowledge about preventing anemia. This research proves that there is an educational influence using e-booklet media on young women at SMPN 1 Pakis. E-booklet media can be an educational medium in increasing the knowledge of young women regarding anemia prevention.

Keywords: Education, E-Booklet, Knowledge, Anemia Prevention