

ABSTRACT

Lengga Poormayone Azellia. 2024. Differences in Knowledge Before and After Giving Videos on Iron Nutrient Anemia in Adolescent Girls in Class XI-IPS at SMA Negeri 1 Turen. Applied Nutrition and Dietetics Undergraduate Study Program, **Hasan Aroni, SKM, MPH and Tapriadi, SKM., M.Pd**, Anemia, Counseling, Adolescent Women, Video.

Anemia is a condition in which red blood cells or hemoglobin levels in it are lower than normal, it is said to be anemia when the Hb level in adolescent girls shows <12 g/dL. Adolescents at the age of 14-15 years have an increased need for nutrient intake, in addition to the need for iron absorption increases, this is what makes adolescents vulnerable to anemia. The importance of knowledge of iron, protein and vitamin c consumption to prevent anemia in adolescent girls, one of which is educational activities for adolescent girls. type of analysis using Pre Experiment Design with *Onegroup Pre-post Test* Design. The results of the statistical test obtained a significance value of $P= 0.00$ ($P<0.05$), this shows that there is a difference in knowledge before and after counseling with MediaVideo. The conclusion of this study stated that there was a significant difference in ($\alpha=0.05$) in the average knowledge before and after counseling with video media.

Keywords : Anemia, Counseling, Adolescent Women, Video