

ABSTRACT

Syafira Fadilah. 2024. *Level of Knowledge, Attitude, and Nutritional Consumption Level Before and After Nutrition Counseling with E-Booklet Media on Anemic Female Teenagers at SMKN 1 Malang. Applied Nutrition and Dietetics Undergraduate Study Program, Sugeng Iwan Setyobudi, STP., M. Kes, dan Hasan Aroni, SKM, MPH, Anemia, E-Booklet, Knowledge, Attitude, Consumption Level.*

Nutritional problems often occur in adolescents, one of the nutritional problems in adolescents is anemia. Anemia in adolescent girls is caused by a lack of knowledge about anemia prevention and inappropriate consumption levels, namely an imbalance between consumption and recommended nutritional adequacy. The purpose of this study is to find out the differences in the level of knowledge, attitudes, and levels of nutritional consumption before and after nutrition counseling with e-booklet media in anemia adolescents at SMKN 1 Malang. This type of research uses the pre-experimental design method using a two-group pretest posttest design. The population in this study is 80 students in grades XI and XII who experience anemia which are divided into group A and group B. The results of the study show that there is a significant difference in the increase in knowledge between group A and group B ($p=0.000$) and there is a difference in attitude between the 2 groups ($p=0.000$). There was a significant difference in the level of protein consumption in group A ($p=0.000$), group B ($p=0.003$), there was a significant difference in the level of iron consumption in group A ($p=0.000$) while there was no significant difference in group B ($p=0.361$), there was a significant difference in the level of vitamin C consumption in group A ($p=0.000$) group B ($p=0.004$). The conclusion of this study is that there are significant differences in knowledge, attitudes, and consumption levels after being given counseling with the lecture method using e-booklet media.

Keywords: *Anemia, E-booklet, Knowledge, Attitude, Consumption Level.*