

## ABSTRACT

**Dewi Nur Rohmah. 2024.** The Differences in Knowledge and Levels of Protein, Iron, and Vitamin C Consumption Among Adolescent Girls Through Anemia Education Using a Booklet Media at Islamic Junior High School Ma'arif 03 Malang: **Ibnu Fajar SKM., M.Kes., RD dan I Dewa Nyoman Supriasa, MPS**

Anemia is a condition in which the hemoglobin levels in the blood are lower than normal. One vulnerable group to anemia includes adolescent girls due to their monthly menstruation. Anemia prevention can be approached in two ways: a medical-based approach involving iron supplementation tablets and a food-based approach involving dietary improvements. Improving diet can be achieved by consuming foods high in protein and iron, with vitamin C aiding iron absorption. The type of research conducted here is quantitative research with an experimental design, specifically a pre-experimental design known as the one group pretest-posttest design. This design involves a pre-test before the intervention and a post-test afterward. The study involved one group receiving an anemia education intervention using a booklet. There was a significant difference in the respondents knowledge levels before and after the education intervention, with a significant p-value of 0.00 ( $<0.05$ ). There was also a significant difference in the respondents protein consumption levels before and after the education intervention, with a p-value of 0.00 ( $<0.05$ ). However, there was no significant difference in the respondents iron consumption levels ( $p = 0.10 > 0.05$ ) or vitamin C consumption levels ( $p = 0.08 > 0.05$ ) before and after the education intervention. In conclusion, there were improvements in knowledge and protein consumption among the students at Islamic Junior High School Ma'arif 03 Malang through the anemia education using the booklet. However, there were no significant changes in iron and vitamin C consumption levels following the education.

Keywords: Adolescent Girls, Anemia, Booklet, Education