

ABSTRACT

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DIFFERENCES IN KNOWLEDGE AND ATTITUDES BEFORE AND AFTER COUNSELING WITH E-LEAFLET MEDIA ABOUT IRON NUTRIENT ANEMIA IN FEMALE STUDENTS AT SMPN 1 PAGERWOJO, TULUNGAGUNG REGENCY

Anemia is a condition where the number of red blood cells or the concentration of oxygen carriers in the blood (Hb) is insufficient for the physiological needs of the body. Based on data 32% of adolescent girls in East Java experience anemia. The results of the preliminary study stated that 50% of adolescent girls in Pagerwojo District experienced anemia, so that increasing knowledge and attitudes is needed to reduce the prevalence of anemia in Pagerwojo District and prevent the occurrence of anemia in adolescent girls in the future. The differences in knowledge and attitudes before and after giving leaflets about iron nutritional anemia to female students at SMPN 1 Pagerwojo Tulungagung Regency. This type of research is pre-experimental research with a one-group pretest-posttest design. In this design, an initial test (pretest) is conducted before treatment and a final test (posttest) after treatment. The statistical test results showed a value of $p < 0.000$ (0.05) so that there was a significant difference in knowledge between before and after counseling on iron deficiency anemia using e-leaflet media. The statistical test results showed a value of $p < 0.000$ (0.05) so that there was a significant difference in attitude between before and after counseling on iron deficiency anemia using e-leaflet media. There is a suitability of e-leaflet media that supports the student learning process. Research and improvement are needed for the program to provide e-leaflet media as a medium for anemia counseling.

Keywords: Iron Deficiency Anemia, E-leaflet, Female Students