

ABSTRACT

SAYYIDAH AMANATUL BA'ITS. 2024. Nutrition counseling about anemia with pocket book media on differences in knowledge and attitudes among female students at SMP Muhammadiyah 2 Malang. Bachelor of Applied Nutrition and Dietetics Study Program, Department of Nutrition, Health Polytechnic of the Ministry of Health Malang. **(under the guidance of: I Dewa Nyoman Supriasa, MPS. Kes and Ibnu Fajar. SKM. M.Kes, RD).**

Anemia is a major health problem that occurs in the community and is often found throughout the world, especially in developing countries such as Indonesia. Some people consider anemia as low blood pressure, even though anemia is different from low blood pressure. Anemia in adolescents is a condition where hemoglobin levels in the blood are less than the normal limits adjusted for gender and age groups. This study aims to determine the difference of nutrition counseling using pocket book media to female students of SMP Muhammadiyah 2 Malang. This study was conducted at SMP Muhammadiyah 2 Malang in June-July 2024. In this study there were two treatment groups with each group totaling 15 samples. The difference between the two groups is the counseling using pocket book and counseling without using pocket book or only with lecture method. This type of research is quantitative with pre-experimental design method. The design used in this study is two gorup Pre-test and Post-test design. The sample in this study was taken with total sampling technique. Statistical tests used in this study were using saphiro wilk, wilcoxon test, independent paired t-test and paired sample t-test. The results showed that nutrition counseling can improve knowledge and attitudes in both groups of respondents, significantly and insignificantly. From this study it can be concluded that knowledge can affect a person's attitude, with good knowledge, a good attitude will also be realized, and vice versa.

Keywords: Anemia, Knowledge, Counseling, Attitude