

ABSTRACT

ASRIL MAULANA F., 2022. Differences in Nutritional Anemia Knowledge Before and After Counseling Using Video Media and Leaflets in Young Women. Advisor: Sugeng Iwan Setyobudi. and I Nengah Tanu Komalyana.

Background: Anemia is one of the most common health problems in society. The 2012 Household Health Survey (SKRT) stated that the prevalence of anemia in young women aged 10-18 years was 57.1%. Data from basic health research (Riskesdas) 2013 shows that the prevalence of anemia in adolescents in Indonesia reaches 21.7%, with anemia sufferers aged 5-14 years of 26.4% and 18.4% of sufferers aged 15-24 years. Women generally tend to have lower iron stores than men, the factor that the need for iron will increase in young women in connection with the occurrence of menstruation. In the adolescent phase, growth occurs which is influenced by the maturity of growth and development towards adulthood and increased physical activity. Knowledge is one of the important things to change the pattern of prevention of anemia.

Methods: Literature study using the systematic literature review method was carried out by collecting references according to the topic raised, knowledge of nutritional anemia in young women aged 10-24 years in Indonesia from various sources, namely: Google Scholar, Pubmed and DOAJ.

Results: Based on the results of the analysis of the 6 selected articles, it was found that the use of video media and leaflets had a positive effect on increasing knowledge of young women regarding nutritional anemia as indicated by ($p < 0.005$) in each article with the highest average knowledge after counseling of (84, 3) video media and (91.7) leaflet media.

Conclusion: Providing education with innovation and the right frequency will increase the respondent's knowledge so that it is more optimal. However, it cannot be concluded which media is superior because the research results can be influenced by various causal factors because each article used for literature review has different characteristics.

Keywords: Nutrition Education, Anemia, Young Women, Video, Leaflets