

ABSTRACT

BUNGA PUTRI ARINDRA, 2023. Differences in Knowledge Levels Before and After Counseling with Online Media (Nutrilove Website) About the Importance of Iron and Folic Acid Consumption in Preventing Anemia in Wandanpuro Village, Bululawang District. Main Advisor: Bastianus Doddy Riyadi, SKM., MM. Assistant Advisor: Juin Hadisuyitno, SST., M. Kes

Introduction: Anemia in pregnant women is an unfinished nutritional problem. The direct cause of anemia is the lack of availability of sufficient nutrients in the body, but indirectly anemia is caused by a pregnant woman's lack of knowledge. Efforts to increase knowledge about risk factors for anemia due to improper food and drink intake in pregnant women through nutritional counseling. **Methods:** This type of study is a pre-experimental study using pre-test and post-test design approaches. The sample consisted of 24 pregnant women from Wandanpuro Bululawang village and were divided into two groups. The comparison group consisted of her 12 pregnant women who did not receive the intervention, and the treatment group consisted of her 12 who were lectured using media from the Nutrilove Website. Knowledge assessments were performed twice, before the intervention and 3 weeks after the intervention, and were classified into 3 categories: good, adequate, and poor. Statistical tests used paired sample t-tests to determine differences in maternal knowledge before and after counseling, and independent t-tests to determine differences in knowledge between comparison and treatment groups after intervention. used the test. **Result:** There was no significant knowledge difference between the comparison groups, $p = 0.217$. There was a significant difference in the knowledge of the treatment groups before and after the intervention, with a value of $p=0.005$ and a mean post-intervention knowledge score of 53.34. There was also a significant difference in knowledge about pregnant women between the comparison and treatment groups ($p=0.001$). **Conclusion:** There was a significant difference between control and treatment groups in maternal knowledge of the importance of iron and folic acid intake for preventing anemia in pregnant women after the intervention, with a p-value of 0.001 ($p\text{-value}>\alpha$).

Keyword: anemia, folic acid, knowledge, Nutrilove website, iron