

ABSTRACT

Othman, Nur Aisyah, 2023. *The Effect of Adolescent Empowerment as Stunting Prevention on the Knowledge and Attitude of adolescent girls towards Iron Tablets Supplementation at SMKN 12 Malang.* Advisor I: Hartaty Sarma Sangkot, SKM., MARS. Advisor II: Mujito, A.Per.Pend, M.Kes., MKM.

Stunting is a condition of growth disorder that can result from the condition of mothers with anemia since adolescence. Some adolescent girls at SMKN 12 Malang are still found not consuming Fe tablets, therefore it is necessary to provide health education to improve their knowledge and attitude. The purpose of this study was to determine the increase in knowledge, peer support, support from parents and teachers, the availability of health information sources, and the effect of empowerment of Remaja Peduli Stunting on the knowledge and attitudes of adolescent girls towards iron tablet supplementation. This type of research is quantitative research using a one group pre-test post-test design with a sample of 31. The data collected by questionnaire of respondents knowledge and attitudes related to iron tablet supplementation instrument. Bivariate analysis using Wilcoxon signed rank test. All respondents have received health information through puskesmas officers, social media, newspapers and magazines. The results of the analysis of peer support, teachers and parents, can trigger the attitude of adolescent girls to consume Fe tablets. Wilcoxon signed rank test results showed a significant effect on knowledge and attitudes before and after the intervention. The results showed an increase in the mean value of knowledge and attitudes of respondents after the intervention in the form of providing education through youth empowerment. The average results of knowledge about iron tablet supplementation (pre-test = 69.9 and post-test = 90.8) and the average attitude (pre-test = 54 and post-test = 77). There was an increase in knowledge and attitude of adolescents about iron tablet supplementation with $p\text{-value}=0.000<0.05$, and attitude about iron tablet supplementation with $p\text{-value}=0.000<0.05$. The conclusion of this study is that there is an increase in knowledge and attitudes as an effect of empowering adolescents as Remaja Peduli Stunting of adolescent girls behaviour in iron tablet supplementation.

Keywords : Empowerment, Adolescent girls, Iron Tablet Supplementation, Knowledge, Attitude,