

ABSTRACT

Assalamah, Sabilatu. 2023. *The Effectiveness of Empowering Women of Reproductive Age in Enhancing Knowledge and Attitudes Regarding Healthy Eating Patterns to reduce the Risk of Anemia in the Working Area of Ciptomulyo Health Center Sukun Sub-District Malang City, Skripsi, Poltekkes Kemenkes Malang For Applied Health Promotion Study Program. Lecture I: Diniyah Kholidah, SST., S.Gz., MPH., Lecture II: Handy Lala, SKM., MPH.*

Anemia is one of the health problems in the world, especially in developing countries. The main cause of anemia in women of childbearing age (WUS) is iron deficiency caused by an unhealthy and inadequate diet. The purpose of this study was to analyze the effectiveness of group empowerment in improving the knowledge and attitudes of WUS related to diet to reduce the risk of anemia in the Ciptomulyo Puskesmas working area. The type of research used is quantitative research with simple random sampling technique using single group pre-post design with a sample of 46 respondents. Knowledge data collection techniques using questionnaires, checklist sheets, and observation sheets. The results showed that before the empowerment of WUS the pre-test results found that 50% of WUS had knowledge and attitudes below average. Meanwhile, after empowerment and data collection through the post-test, an increase in knowledge was found to 93.47% while the attitude of WUS increased to 62.9%. This study proves that empowerment regarding diet as an effort to prevent anemia is effective in changing the attitude and knowledge level of WUS.

Keywords: *Anemia, Empowerment, Knowledge, Eating Pattern, Behavior, Women In Childbearing Age.*