

ABSTRACT

Khoiria, Siti. 2023. The Effect of Empowering PMR Members as Peer Tutors on the Prevention of Anemia in Young Girls at SMPN 1 Kraksaan, Thesis, Polytechnic of the Ministry of Health Malang Prodi Bachelor of Applied Health Promotion. Advisor I: Sugianto Hadi, SKM, MPH, Supervisor II: Fiashriel Lundy, S.Kep.Ns, M.Kes

Iron deficiency anemia is a common nutritional problem among young women in Indonesia. At SMPN 1 Kraksaan, there are 34 students with mild anemia and 16 students with moderate anemia. One of the factors causing anemia is the behavior of young women who are influenced by a lack of knowledge, attitudes, and actions regarding anemia prevention. To reduce the anemia rate, the first thing to change is the behavior of young women in preventing anemia. One method for changing behavior with Peer Tutors by PMR members at school. The purpose of this study was to determine the effect of empowering PMR members as peer tutors on preventing anemia in young women at SMPN 1 Kraksaan. This type of quantitative research is Pre-Experimental with One Group Pretest-Posttest. The study population was 122 grade 7 female students at SMPN 1 Kraksaan. The research sample was determined using a purposive sampling technique with a total of 55 students. The results of the Wilcoxon test on the knowledge variable obtained $p=0.000$, the results for attitudes $p=0.000$, and the results for actions $p=0.000$ which means that the p -value of the three variables is $p<0.05$ which means H_1 is accepted, meaning that there is an influence on empowerment of PMR Members as Peer Tutors To increase knowledge, attitudes, and actions regarding the prevention of anemia in young women at SMPN 1 Kraksaan. The recommendation is that the Empowerment of PMR Members as Peer Tutors method can be used as an effort to change the behavior of young women in preventing anemia

Keywords: Empowerment, Prevention of anemia, Youth Red Cross (PMR), Peer Tutor, Behavior