

THE EFFECT OF *TELENURSING* WHATSAPP REMINDERS AND EDUCATION THROUGH THE WHATSAPP CHANNEL ON THE KNOWLEDGE AND ADHERENCE OF ADOLESCENT GIRLS IN CONSUMING IRON SUPPLEMENTATION TABLETS AT MTSN 3 MALANG

Tiara Cahya Aurella¹, Joko Wiyono²

Bachelor of Applied Nursing Study Program, Department of Nursing,
Poltekkes Ministry of Health Malang

Email : tiaracahya464@gmail.com

ABSTRACT

Background: Adolescent girls are a high-risk group for anemia due to menstruation and poor adherence to Iron Supplementation Tablets (IST) consumption. Low levels of knowledge and adherence to IST consumption contribute to the high prevalence of anemia among adolescents. Efforts to improve knowledge and adherence can be implemented through technology-based education and reminders such as telenursing via the WhatsApp application, including the WhatsApp Channel feature. **Objective:** To determine the effect of telenursing WhatsApp reminders and education through the WhatsApp Channel on the knowledge and adherence of adolescent girls in consuming IST at MTsN 3 Malang. **Method:** This study used a quasi-experimental design with a non-randomized pretest-posttest control group design. A total of 70 adolescent girls were selected using purposive sampling. The research instruments included a knowledge questionnaire and the Morisky Medication Adherence Scale (MMAS-8) to measure adherence. Data were analyzed using the Wilcoxon and Mann-Whitney tests. **Results:** The Mann-Whitney test for the knowledge variable yielded a *p-value* of 0,003 ($p < 0,05$), indicating that the telenursing intervention (WhatsApp reminders and education) had a significant effect on the participants' knowledge levels. Similarly, the Mann-Whitney test for the adherence variable showed a *p-value* of 0,002 ($p < 0,05$), also indicating a significant effect of the intervention on adherence levels. **Conclusion:** Telenursing WhatsApp reminders and education via the WhatsApp Channel is effective in improving the knowledge and adherence of adolescent girls regarding IST consumption at MTsN 3 Malang.

Keywords: Telenursing, WhatsApp Reminder, WhatsApp Channel, Knowledge, Adherence, Iron Supplementation Tablets