

ADOLESCENT GIRLS' KNOWLEDGE LEVEL BEFORE AND AFTER
ANEMIA COUNSELING AT MA SHIROTUL FUQOHA'
GONDANGLEGI DISTRICT

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ABSTRACT

Background: Anemia is a global health issue that significantly affects adolescent girls. Low knowledge about anemia can increase the risk of unhealthy eating behaviors and hinder anemia prevention. **Objective:** To describe the level of knowledge among adolescent girls regarding anemia prevention before and after health education at MA Shirotul Fuqoha'. **Method:** This descriptive study involved 28 female students as samples. Data were collected using pre-test and post-test questionnaires in November 2025. Data analysis was performed by comparing the percentage of knowledge levels before and after the intervention. **Results:** Before the health education, the respondents' level of knowledge was 89,3%%. After the education, the level of knowledge increased, with all respondents falling into the good category. **Conclusion:** Health education is effective in increasing adolescent girls' knowledge about anemia. Continuous education and assistance in consuming Iron-Folic Acid (IFA) tablets are recommended to maintain this understanding.

Keywords: Anemia, Knowledge, Adolescent Girls, Health Education