

# DESCRIPTION OF THE LEVEL OF KNOWLEDGE ABOUT ANEMIA AMONG FEMALE ADOLESCENTS AT SMKN 1 TUREN

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## ABSTRACT

Anemia remains a health problem among adolescent girls that affects cognitive function, immunity, and academic performance. One important factor in anemia prevention is the level of knowledge. Good knowledge can encourage balanced nutritional behavior and adherence to iron supplementation. This study aimed to determine the description of the level of knowledge about anemia among adolescent girls at SMKN 1 Turen. This study used a descriptive design with a cross sectional approach. The sample consisted of 36 respondents selected using purposive sampling. Data were collected using a closed questionnaire consisting of 15 items covering indicators of definition, causes, signs and symptoms, risk factors, and prevention of anemia. Data were analyzed descriptively in the form of frequency distribution and percentages.

The results showed that most respondents had a moderate level of knowledge, namely 19 respondents (53%), followed by good category with 11 respondents (30%), and poor category with 6 respondents (17%). Respondents' knowledge tended to be better in practical aspects such as signs and symptoms and anemia prevention. However, there were still errors in conceptual aspects such as the definition of anemia, the mechanism of hemoglobin formation, and factors affecting iron absorption.

The conclusion of this study is that the level of knowledge about anemia among adolescent girls at SMKN 1 Turen is generally in the moderate category. Knowledge is not evenly distributed and still needs to be improved, especially in conceptual aspects. More comprehensive and interactive health education is needed so that adolescents' understanding of anemia can improve optimally.

**Keywords:** anemia, knowledge, adolescent girls, anemia preventio