

OVERVIEW OF THE KNOWLEDGE LEVEL OF ADOLESCENTS AGED 18–21
REGARDING ANEMIA AT THE DIPLOMA III NURSING PROGRAM, HEALTH
POLYTECHNIC OF THE MINISTRY OF HEALTH MALANG, TRENGGALEK
CAMPUS

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ABSTRACT

Background: Anemia is a common health problem among adolescent girls and is often not recognized due to its mild symptoms. Lack of knowledge about anemia can increase the risk of its occurrence as well as its long-term impact on health and productivity.

Objective: This study aimed to describe the level of knowledge of adolescents aged 18–21 years regarding anemia at the Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Malang, Trenggalek Campus. ***Methods:*** This study used a descriptive quantitative design with a single variable, namely the level of knowledge about anemia. The population consisted of 135 female students, with a sample of 43 respondents selected using a simple random sampling technique. Data were collected using a questionnaire that had been tested for validity and reliability and were analyzed univariately using frequency distribution. ***Results:*** The results showed that most respondents were 19 years old (65%), and the main source of information was campus-based learning (53%). The level of knowledge of respondents about anemia was mostly in the good category (91%), while 9% were in the moderate category, and no respondents were in the poor category. ***Conclusion:*** Adolescents' level of knowledge about anemia showed a moderate to good category in the domains of knowing and understanding.

Keywords: anemia, adolescent girls, knowledge level