

THE LEVEL OF KNOWLEDGE OF FEMALE ADOLESCENTS AGED 16–19 YEARS ABOUT ANEMIA AT SMA NEGERI 1 TRENGGALEK

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ABSTRACT

Background: Anemia is a condition characterized by hemoglobin and erythrocyte levels that are lower than normal. Adolescents are a group particularly vulnerable to nutritional issues, specifically iron deficiency. Key factors contributing to anemia in adolescents include inadequate dietary habits and a lack of knowledge and awareness regarding the condition. Factors influencing the knowledge of female adolescents about anemia include age and access to both formal and informal information. **Objective:** To determine the level of knowledge regarding anemia among female adolescents aged 16–19 years at SMA Negeri 1 Trenggalek. **Methods:** This study employed a descriptive quantitative design with a cross-sectional approach. The population consisted of all 220 female students in grade X, with a sample of 69 respondents selected through purposive sampling. Data were collected using questionnaires and analyzed using univariate analysis.

Results: The research results showed that out of 69 respondents, nearly all—62 (90%)—had a good level of knowledge in the **Knowing (C1)** domain, and nearly all—67 (97%)—had a good level of knowledge in the **Understanding (C2)** domain.

Conclusion: It can be concluded that the level of knowledge regarding anemia among female adolescents aged 16–19 at SMA Negeri 1 Trenggalek is predominantly in the "Good" category. It is expected that health workers will be more active in providing counseling and education about anemia prevention among adolescent girls, as well as routinely conducting health promotion activities so that the existing good knowledge can continue to be improved and applied.

Keywords: Knowledge, Female Adolescents, Anemia