ABSTRACT

Meliana, Jenia 2025. *The Effect of Health Education Using Animated Videos on Anemia Prevention on the Knowledge and Attitudes of Adolescent Girls at SMPN 3 Bondowoso, Thesis, Poltekkes Kemenkes Malang Department of Health Promotion. Supervisor:* Wandi, S. Kep., Ns., M. Pd

Anemia in adolescent girls is a health problem that impacts concentration, productivity, and quality of life. Health education can be used to prevent anemia. Animated videos are a popular medium for health education. This study aims to determine the effect of health education using animated videos on anemia prevention on the knowledge and attitudes of adolescent girls. This study is a quantitative study with a pre-experimental research design with a pretest-posttest approach. The study population was 90 eighth-grade female adolescent girls at SMPN 3 Bondowoso, with a sample size of 73 female respondents selected using the Proportional Random Sampling technique with inclusion and exclusion criteria. The research instrument was a knowledge and attitude questionnaire that had been tested for validity and reliability. Data analysis used the Wilcoxon test. The results of the study showed a significant increase in knowledge scores (p-value 0.000 < 0.05) and attitudes (p-value < 0.05) after being given education using animated videos. The knowledge of female adolescents at SMPN 3 Bondowoso about anemia prevention before being given education was in the sufficient category, and after education it increased to the good category. The attitudes of female adolescents who were previously negative changed to positive. There was a significant influence of health education using animated videos on the knowledge and attitudes of female adolescents in grade 8 of SMPN 3 Bondowoso. Thus, it can be concluded that education using animated videos is effective in increasing knowledge and attitudes about anemia prevention in female adolescents.

Keywords: Health Education, Animated Video, Anemia, Knowledge and Attitude, Adolescent Girls