THE EFFECT OF HEALTH EDUCATION USING POCKET BOOK MEDIA ON KNOWLEDGE AND ATTITUDES TOWARD ANEMIA PREVENTION AMONG EIGHTH-GRADE ADOLESCENT GIRLS AT UPTD SMPN 1 SAMPANG

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ABSTRACT

Anemia among adolescent girls remains a public health problem in Indonesia with a relatively high prevalence. At UPTD SMPN 1 Sampang, a preliminary survey showed that 22 adolescent girls experienced mild anemia. The assessment indicated that several adolescent girls had begun menstruation, accompanied by inadequate nutritional intake, as well as unhealthy dietary patterns and lifestyles. Low levels of knowledge and attitudes toward anemia prevention also contribute to the high incidence of anemia. Therefore, effective health education is needed through simple and easily understood media, such as a pocket book. This study aimed to analyze the effect of health education using a pocket book on knowledge and attitudes toward anemia prevention among eighth-grade adolescent girls at UPTD SMPN 1 Sampang. This study employed a pre-experimental design with a one-group pre-post test design. The sample consisted of 30 adolescent girls from classes VIII C and VIII D, selected using a total sampling technique. Data were collected using knowledge and attitude questionnaires before and after the intervention. Data analysis was conducted using the Wilcoxon Signed Rank Test with a significance level of 0.05. The results showed that before the intervention, nearly half (46.6%) of the respondents had poor knowledge and most (80%) had negative attitudes. After the intervention, nearly all (93.3%) respondents had good knowledge and most (80%) had positive attitudes. The mean knowledge score increased from 58.4 to 94.8 ($p < 0.001$), and the mean attitude score increased from 52.5 to 79.91 ($p < 0.001$). Health education using a pocket book had a significant effect on improving knowledge and attitudes toward anemia prevention among adolescent girls and is therefore recommended as a visual print-based educational medium in school settings.

Keywords: *Adolescent girls anemia, pocket book, health education, knowledge, attitude*