

ABSTRACT

Afiyatus Sholicha, 2025. Differences in Knowledge Before and After Nutrition Counseling on Anemia Prevention Using Video Media Among Female Students at KHA Wahid Hasyim Islamic Boarding School, Bangil. Supervisors: Sugeng Iwan Setyobudi dan Tapriadi.

Background: Adolescence is a critical growth transition period vulnerable to nutritional issues, notably anemia, whose prevalence in Indonesia has risen significantly to 48.9% among those aged 15-24. Adolescent girls face a tenfold higher risk due to menstrual cycles and elevated iron requirements; if unaddressed, this condition can impair learning concentration and physical development. The high prevalence of anemia in Pasuruan Regency (30%), coupled with the boarding school (pondok pesantren) environment's dietary limitations and lack of nutritional knowledge, further exacerbates the health status of female students (santriwati). Preventive measures can be implemented by enhancing nutritional knowledge through video-based education, serving as an interactive and effective visual tool for the adolescent age group. **Objective:** This study aims to analyze the differences in knowledge regarding anemia prevention before and after nutrition counseling using video media among female students (santriwati) at KHA Wahid Hasyim. **Design:** This study employed a pre-experimental design with a One-Group Pretest-Posttest approach. The intervention consisted of nutrition counseling on anemia prevention using video media. The research instrument was a knowledge level questionnaire covering respondent characteristics (age and grade) and anemia prevention materials. Data analysis included univariate analysis to describe frequency distributions and bivariate analysis to examine differences in knowledge before and after the intervention. Normality was assessed using the Shapiro-Wilk test, followed by either a Paired Sample T-Test or a Wilcoxon Signed-Rank Test, with a significance level of $p < 0.05$. **Results:** The mean knowledge score increased significantly from 64.76 (poor) to 77.50 (good) with $p=0,000$. The proportion of respondents with "good" knowledge rose from 37.1% to 72.9%. The highest improvements were observed at the Knowing (48.6%) and Understanding (45.8%) levels, while the lowest were at the Synthesis (13.6%) and Evaluation (11.5%) levels. **Conclusions:** Video media is effective in improving basic knowledge of anemia prevention, though additional stimulation is required to reach higher cognitive levels.

Keywords: anemia; female students; knowledge; nutrition counseling; video media