

## ABSTRACT

**Rojatir Rachmah, 2025.** The Effect of Nutrition Education with Video Media on Knowledge, Eating Patterns, and Hemoglobin Levels in Anemic Female Adolescents at SMAN 1 Lawang.

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Adolescent girls are more susceptible to anemia than adolescent boys because they menstruate every month (Nofianti, 2021). Adolescents are considered anemic if their hemoglobin levels are less than 12 g/dl. The purpose of this study was to determine the effect of nutrition education using video media on the level of knowledge, eating patterns, and hemoglobin levels in anemic adolescent girls at SMAN 1 Lawang. The research design was Quasi-Experimental using a One Group Pretest Posttest design. The study was conducted for 4 weeks of nutrition education intervention using video media. Sampling using a purposive sampling technique obtained 20 adolescent girls who met the inclusion criteria. Statistical results showed that there was a relationship between nutritional knowledge and anemia status  $p = 0.000$  ( $p < 0.05$ ), there was a relationship between eating patterns and anemia status with the result  $p = 0.000$  ( $p > 0.05$ ). There was a relationship between hemoglobin levels and anemia status  $p = 0.000$  ( $p < 0.05$ ). Nutrition education has an effect on increasing knowledge of dietary patterns and hemoglobin levels in adolescent girls

**Keywords:** Dietary habit, Knowledge, Nutrition education, Hemoglobin