

ABSTRACT

Fuadia, Eka. 2025. The Effect of Anemia Education Using *E-Booklet* On the Role of Parents in Efforts to Overcome Anemia in Adolescent Girls at MTsN 3 Malang. Thesis. Applied Undergraduate Study Program in Midwifery. Malang Health Polytechnic. Main Supervisor: Jupriyono, S. Kp., M. Kes

Anemia is a global health problem that is often experienced by adolescent girls. This condition can affect growth, learning ability, and increase the risk of complications during pregnancy and low birth weight in babies. The role of parents is very important in overcoming anemia, one of which is through providing anemia education using media e-booklet. This study aims to determine the effect of anemia education using *e-booklet* on the role of parents in overcoming anemia in adolescent girls. This study used a design *pre-experimental* with the approach one *group pretest-posttest design*. The population consisted of 58 parents of grade VII students whose children had anemia at MTsN 3 Malang, with a sample of 38 respondents selected using the technique purposive *sampling*. Data collection was carried out using a questionnaire *pretest* And *posttest* after three times of direct educational intervention with home visits. The instrument has been tested for validity ($r = 0.413$) and reliability ($r = 0.740$). Data analysis using the test *Wilcoxon Signed Rank Test*. The results show an increase in the role of parents after being given intervention in the form of anemia education using *e-booklet* with the value of $pvalue = 0.001 < (\alpha = 0.05)$. Conclusion: providing anemia education using *e-booklet* effectively increasing the role of parents in overcoming anemia in adolescent girls.

Keywords: Anemia, *E-booklet*, Role of Parents