

Abstrak

PENGARUH PELATIHAN DENGAN PERMAINAN KARTU KUARTET DAN METODE NUMBERED HEADS TOGETHER TERHADAP PENGETAHUAN DAN SIKAP PENCEGAHAN ANEMIA DEFISIENSI BESI (Studi pada Anggota PMR SMA Negeri 1 Purwokerto)

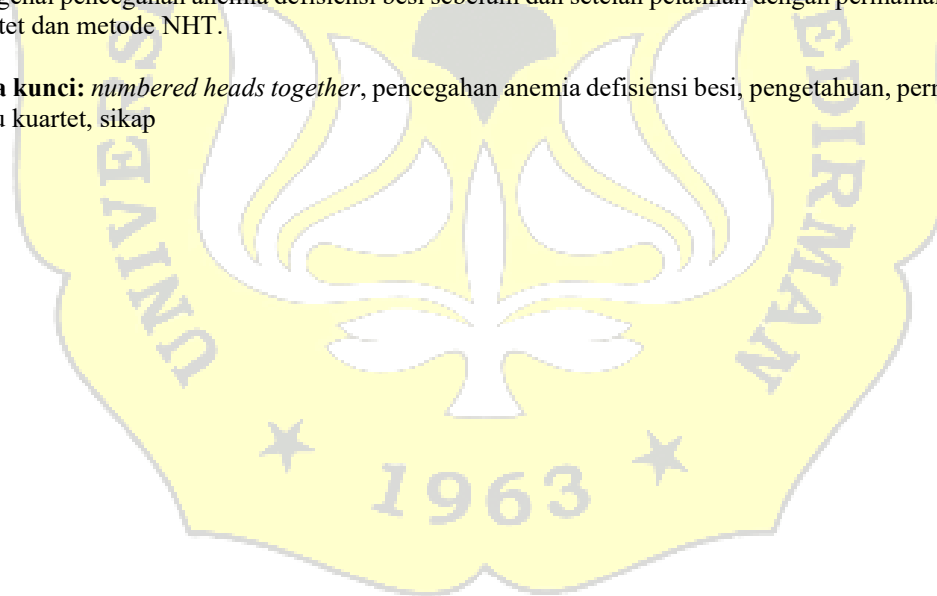
Latar Belakang: Anemia banyak dialami remaja dan berdampak buruk pada pertumbuhan dan perkembangan. Upaya pencegahannya dapat dilakukan melalui pendekatan teman sebaya sebagai tutor. Contoh media dan metode pembelajaran interaktif sesuai karakteristik remaja yaitu permainan kartu kuartet dan *numbered heads together* (NHT). Tujuan penelitian ini untuk mengetahui pengaruh pelatihan dengan permainan kartu kuartet dan metode NHT terhadap pengetahuan dan sikap pencegahan anemia defisiensi besi pada anggota PMR SMA Negeri 1 Purwokerto.

Metodologi: Penelitian ini menerapkan desain kuasi-eksperimental *one group pre-test post-test* dan diikuti oleh 41 anggota PMR. Pelatihan berlangsung selama 2 minggu (4 kali pertemuan). Variabel diukur menggunakan kuesioner pengetahuan dan sikap. Analisis data variabel pengetahuan menggunakan uji *Wilcoxon*, sedangkan variabel sikap menggunakan uji *Paired T-test*.

Hasil Penelitian: Karakteristik umum responden berjenis kelamin perempuan (68,3%) dan berusia 16 tahun (53,7%). Sebanyak 73,2% sudah terpapar informasi gizi dan anemia, terakhir kali pada waktu ≥ 6 bulan yang lalu (56,6%). Latar belakang orang tua berpendidikan tinggi (ayah 82,9% dan ibu 65,9%) dan berpenghasilan \geq UMK Banyumas (78%). Permainan kartu kuartet dan metode NHT memiliki pengaruh terhadap pengetahuan dan sikap responden ($p < 0,05$).

Kesimpulan: Terdapat perbedaan pengetahuan dan sikap anggota PMR SMA Negeri 1 Purwokerto mengenai pencegahan anemia defisiensi besi sebelum dan setelah pelatihan dengan permainan kartu kuartet dan metode NHT.

Kata kunci: *numbered heads together*, pencegahan anemia defisiensi besi, pengetahuan, permainan kartu kuartet, sikap



Abstract

THE EFFECT OF TRAINING WITH THE QUARTET CARD GAME AND THE NUMBERED HEADS TOGETHER METHOD ON KNOWLEDGE AND ATTITUDE TO PREVENT IRON DEFICIENCY ANEMIA

(Study on Members of PMR SMA Negeri 1 Purwokerto)

Background: Anemia is often experienced by adolescents and has a negative impact on their growth and development. Prevention efforts can be done through peer approach as a tutor. Examples of interactive learning media and methods according to adolescent characteristics are quartet card games and numbered heads together (NHT). The purpose of this study was to determine the effect of training with quartet card games and the NHT method on knowledge and attitudes about preventing iron deficiency anemia in PMR members of SMA Negeri 1 Purwokerto.

Methods: This research implemented a quasi-experimental one group pre-test post-test design and was attended by 41 PMR members. The trained lasted for 2 weeks with 4 meetings. Variables measured used knowledge and attitude questionnaires. Data analysis for the knowledge variable used the Wilcoxon Test, while the attitude variable used the Paired T-test.

Results: General characteristics of respondents was female (68.3%) and 16 years old (53.7%). As many as 73.2% had been exposed to nutritional and anemia information, the lasted timed was ≥ 6 months ago (56.6%). The background of parents was highly educated (father 82.9% and mother 65.9%) and had income \geq Minimum Wage of Banyumas (78%). Quartet card games and NHT methods had an influenced on respondents' knowledge and attitudes ($p < 0.05$).

Conclusion: There was differences in the knowledge and attitudes members of PMR SMA Negeri 1 Purwokerto regarding the prevention of iron deficiency anemia before and after trained with the quartet card game and the NHT method.

Keyword: attitude, knowledge, numbered heads together, preventing iron deficiency anemia, quartet card game

