

Abstrak

PENGARUH EDUKASI ANEMIA DEFISIENSI BESI MENGGUNAKAN MEDIA AUDIO VISUAL BERBASIS WEB DORATOON TERHADAP PENGETAHUAN, SIKAP, DAN ASUPAN SUMBER ZAT BESI PADA REMAJA PUTRI SMP MUHAMMADIYAH 2 PURWOKERTO

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Latar Belakang: Remaja putri merupakan salah satu golongan yang rawan terkena anemia. Hal ini ditunjukkan dengan prevalensi anemia di Kabupaten Banyumas berada pada angka 35,61%. Faktor asupan makanan yang mengandung zat besi berpengaruh terhadap tingginya angka kejadian anemia. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi menggunakan media audio visual berbasis web doratoon terhadap pengetahuan, sikap, dan asupan makanan zat besi.

Metodologi: Penelitian ini bersifat *quasi eksperimen* dengan desain *one group pretest dan posttest* serta melibatkan 41 responden yang dipilih dengan teknik *total sampling*. Penelitian ini dilakukan pada tanggal 01 November – 02 Desember 2024. Data pengetahuan dan sikap menggunakan kuesioner. Data asupan zat besi menggunakan *Food Recall 24-h*. Data pengetahuan, sikap, dan asupan zat besi dianalisis menggunakan uji *Wilcoxon Signed Rank*.

Hasil Penelitian: Media audio visual berbasis web doratoon meningkatkan pengetahuan dan sikap remaja putri mengenai anemia, tetapi pada asupan makanan zat besi tidak terdapat perubahan yang signifikan antara sebelum dan sesudah edukasi. Hasil uji statistik menunjukkan nilai *p value* = 0,000 untuk pengetahuan, nilai *p value* = 0,035 untuk sikap, dan nilai *p value* = 0,052 untuk asupan zat besi.

Kesimpulan: Terdapat pengaruh antara edukasi anemia menggunakan media audio visual berbasis web doratoon terhadap pengetahuan dan sikap. Tidak terdapat pengaruh edukasi anemia menggunakan media audio visual berbasis web doratoon terhadap asupan makan zat besi.

Kata kunci: anemia, audio visual, pengetahuan, remaja putri, sikap

Abstract

THE EFFECT OF IRON DEFICIENCY ANEMIA EDUCATION USING DORATOON WEB-BASED AUDIO-VISUAL MEDIA ON KNOWLEDGE, ATTITUDES, AND INTAKE OF IRON SOURCES IN ADOLESCENT GIRLS OF JUNIOR HIGH SCHOOL MUHAMMADIYAH 2 PURWOKERTO

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Background: Young women are one of the groups that are prone to anemia. This is shown by the prevalence of anemia in Banyumas Regency at 35.61%. The intake factor of foods containing iron has an effect on the high incidence of anemia. This study aims to determine the influence of education using doratoon web-based audio-visual media on iron knowledge, attitudes, and food intake.

Methodology: This study was *quasi-experimental* with a *one group pretest and posttest* design and involved 41 respondents who were selected using *the total sampling* technique. This research was conducted on November 01 – December 02, 2024. Knowledge and attitude data using questionnaires. Iron intake data were used 24-h *Food Recall*. Iron knowledge, attitude, and intake data were analyzed using *the Wilcoxon Signed Rank* test.

Research Results: Doratoon's web-based audio-visual media improved adolescent girls' knowledge and attitudes about anemia, but there was no significant change in iron dietary intake between before and after education. The results of the statistical test showed a *p value* = 0.000 for knowledge, a *p value* = 0.035 for attitude, and a *p value* = 0.052 for iron intake.

Conclusion: There is an effect between anemia education using doratoon web-based audio-visual media on knowledge and attitudes. There was no effect of anemia education using doratoon-based web-based audio-visual media on iron food intake.

Keywords: anemia, audio-visual, knowledge, adolescent girls, attitudes