

EFEKTIVITAS INTERVENSI EDUKASI GIZI DENGAN MEDIA E-BOOKLET CERIA TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP MENGENAI ANEMIA PADA REMAJA PUTRI

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ABSTRAK

Latar Belakang: Anemia pada remaja putri sangat prevalen di Indonesia salah satu faktor penyebab adalah kurangnya pengetahuan remaja.

Tujuan: Mengetahui efektivitas intervensi edukasi terhadap pengetahuan dan sikap remaja putri tentang anemia.

Metode: Penelitian *quasy eksperimen* dengan rancangan *pre posttest with control group design*. Penelitian dilaksanakan pada bulan Maret-April 2024 di 2 SMP di Kota Yogyakarta, Indonesia. Sampel penelitian sebanyak 85 orang yang terbagi dalam 2 kelompok, dengan kriteria inklusi yaitu siswi kelas 7, bersedia menjadi responden, memiliki handphone dan aplikasi whatsapp, hadir saat penelitian, dan telah mengalami menstruasi dan eksklusi yaitu responden yang mengalami masalah pendengaran. Intervensi yang diberikan adalah edukasi gizi dengan media e-booklet dan slide, sedangkan kelompok kontrol diberikan media slide. Kedua kelompok di *follow-up* dengan WhatsApp grup untuk penguatan dan diskusi tentang materi edukasi yang telah diberikan, dalam kurun waktu 1 minggu. Variabel *outcome* yang diukur adalah pengetahuan dan sikap yang diukur melalui kuesioner terstruktur dengan nilai skor 0-100, yang diukur pre, post-1 (*after intervention*) dan post 2 (*1 week after*). Analisis untuk mengetahui perbedaan mean skor pengetahuan dan sikap adalah uji Wilcoxon dan Paired Sample T-test dan perbedaan efektivitas media e-booklet adalah uji Mann Whitney dan Independent T-test dengan tingkat sig 95%.

Hasil: Skor pengetahuan pada kelompok intervensi *pre*, *post 1* dan *post 2* adalah 62,7, 78,7, 89,1, sedangkan pada kelompok kontrol adalah 64,6, 75,6, 78,8. Skor sikap pada kelompok intervensi *pre*, *post 1* dan *post 2* adalah 72,2, 73,2, 71,9, sedangkan pada kelompok kontrol adalah 70,5, 71,8, 72,2. Peningkatan pengetahuan dengan media *e-booklet* lebih tinggi daripada media slide. Peningkatan sikap dengan media *e-booklet* lebih rendah daripada media slide. Hasil analisis menunjukkan bahwa terdapat peningkatan *mean* skor pengetahuan pada kedua kelompok pada *posttest 1-pretest* dan *posttest 2-pretest* secara statistic bermakna ($p < 0,05$). Terdapat peningkatan *mean* skor sikap pada kedua kelompok pada *posttest 1-pretest* dan *posttest 2-pretest*, namun tidak bermakna ($p < 0,05$).

Kesimpulan: Edukasi anemia pada remaja putri dapat meningkatkan skor pengetahuan dan sikap, namun intervensi edukasi dengan media *e-booklet* lebih efektif dalam pengetahuan remaja putri dibanding slide.

Kata Kunci: *E-booklet, Anemia, Pengetahuan, Sikap, Remaja Putri*

THE EFFECTIVENESS OF NUTRITION EDUCATION INTERVENTION USING CERIA E-BOOKLET MEDIA ON INCREASING KNOWLEDGE AND ATTITUDE TOWARDS ANEMIA IN FEMALE ADOLESCENT

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ABSTRACT

Background: Anemia among female adolescent was very prevalent in Indonesia, one of the contributing factors is the lack of knowledge of adolescents

Objective: To determine the effectiveness of education intervention on the knowledge and attitude of female adolescent about anemia

Method: A quasy experiment with pre-posttest control group design. This study was conducted on March-April 2024 at 2 JHS in Yogyakarta City, Indonesia. The study samples were 85 people divided into 2 groups with the inclusion criteria were junior high school, will to be respondents, owned handphones and WhatsApp applications, being present during the study and has menstruation, and exclusion criteria was respondents who have hearing problems. The intervention group was given nutrition education using e-booklet and slide media, while the control group was using slide media. Both groups were followed-up for a week by WhatsApp group for reinforcement and discussion of the educational material that had been given, within 1 week. The outcome variables measured were knowledge and attitude measured through a structured questionnaire with a score of 0-100, which was collected during pre, post-1 (after intervention), and post-2 (1 week after). Data analysis aimed to determine the difference of knowledge and attitude scores were Wilcoxon test and Paired Sample T-test, while differences in the effectiveness were Mann Whitney test and Independent T-test with 95% sig level.

Results: The knowledge score for the intervention group pre, post-1, and post-2 were 62,7, 78,7, 89,1, meanwhile for the control group were 64,6, 75,6, 78,8. The attitude scores for the intervention group pre, post-1, and post-2 were 72,2, 73,2, 71,9, meanwhile for the control group were 70,5, 71,8, 72,2. The increase in knowledge with e-booklet media is higher than slide media. The increase in attitude with e-booklet media is lower than slide media. The results of the analysis showed that there was an increase in the mean score of knowledge in both groups at posttest 1-pretest and posttest 2-pretest statistically significant ($p < 0.05$). There was an increase in the mean attitude score in both groups at posttest 1-pretest and posttest 2-pretest, but not significant ($p < 0.05$).

Conclusions: Anemia education for female adolescent can improve knowledge and attitude scores, but educational intervention using e-booklet media was more effective in female adolescent knowledge than slide media.

Keywords: E-Booklet, Anemia, Knowledge, Attitude, female Adolescent