

## **PEMBERDAYAAN KARANG TARUNA DALAM PENANGGULANGAN ANEMIA PADA REMAJA PUTRI DI DESA BANGUNCIPTO SENTOLO KULON PROGO**

Francilia Deastuti\*, Waryana, Tjarono Sari  
Jurusen Gizi Poltekkes Kemenkes Yogyakarta,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
Email : [deastuti0407@gmail.com](mailto:deastuti0407@gmail.com)

### **ABSTRAK**

**Latar Belakang :** Anemia merupakan masalah kesehatan utama di masyarakat yang sering dijumpai di seluruh dunia, terutama di negara berkembang seperti Indonesia. Remaja putri perlu mempersiapkan kondisi sebelum menikah untuk persiapan kehamilan hingga 1000 HPK untuk memutus mata rantai permasalahan gizi. Salah satu faktor penyebab anemia masih kurangnya pendidikan mengenai anemia. Karang taruna dapat berperan sebagai *peer educator* bagi remaja putri dalam upaya penanggulangan anemia.

**Tujuan :** Mengetahui pengaruh pemberdayaan karang taruna dalam penanggulangan anemia pada remaja putri di Desa Banguncipto Sentolo Kulon Progo.

**Metode :** Penelitian ini adalah eksperimen semu (*quasi experimental*) dengan desain *pre and post test with control group design*. Penelitian dilaksanakan bulan Februari hingga April 2020. Populasi yang digunakan seluruh karang taruna di Desa Banguncipto, Sentolo, Kulon Progo. Sampel penelitian Karang Taruna Bantar kulon sebagai kelompok Intervensi dan Bantar Wetan sebagai kelompok Kontrol. Analisis data menggunakan *Independent T-Test* dan *Paired T-Test*.

**Hasil :** Pengetahuan Karang Taruna sebelum intervensi 4% baik, 36% cukup dan 60% kurang, pada kelompok kontrol 2% baik, 32% cukup dan 60% kurang. Pengetahuan setelah intervensi 96% baik dan 4% cukup. Pada kelompok kontrol 92% baik dan 8% cukup. Rata-rata pengetahuan sebelum intervensi  $53.20 \pm 12.90$  dan kelompok kontrol  $55.20 \pm 13.76$ . Setelah intervensi  $90.00 \pm 6.45$  dan kelompok kontrol  $85.20 \pm 6.20$ . Hasil penelitian menunjukkan terdapat pengaruh pemberdayaan terhadap pengetahuan karang taruna ( $p=0.000$ ). Partisipasi karang taruna setelah pelatihan dalam kategori baik karena memenuhi 7 kriteria partisipasi. Kegiatan yang dilakukan oleh Karang Taruna yaitu membuat grup *whatsapp*, menginformasikan hasil pelatihan, mendata remaja putri, deteksi dini, promosi gizi, merujuk remaja putri yang dicurigai anemia, melakukan pendampingan keluarga serta pencatatan dan pelaporan.

**Kesimpulan :** Ada pengaruh pemberdayaan karang taruna dalam penanggulangan anemia pada remaja putri di Desa Banguncipto, Sentolo, Kulon Progo.

**Kata Kunci :** Pemberdayaan, Karang Taruna, Remaja Putri, Anemia, Pengetahuan, Partisipasi

## **EMPOWERMENT OF KARANG TARUNA TO OVERCOME ANEMIA IN WOMEN ADOLESENT IN BANGUNCIPTO SENTOLO KULON PROGO**

Francilia Deastuti\*, Waryana, Tjarono Sari  
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
Email : [deastuti0407@gmail.com](mailto:deastuti0407@gmail.com)

### **ABSTRACT**

**Background:** Anemia is a major health problem in society that is often found throughout the world, especially in developing countries like Indonesia. Women adolescent need to prepare the conditions before marriage for pregnancy up to the first 1000 day for life to break the chain of nutritional problems. One factor causing anemia is still a lack of education regarding anemia. Karang Taruna can play a role as a peer educator for women adolescent to overcome anemia.

**Objective:** To determine Karang Taruna empowerment in the prevention of anemia in women adolescent in the village of Banguncipto Sentolo Kulon Progo.

**Methods:** This study was a quasi-experimental (quasi experimental) design with pre and post test with control group design. The study was conducted from February to April 2020. The population was used by all Karang Taruna in the village of Banguncipto, Sentolo, Kulon Progo. The research sample of Bantar Karang Taruna as the Intervention group and Bantar Wetan as the Control group. Data analysis uses Independent T-Test and Paired T-Test.

**Results:** Knowledge of Karang Taruna before intervention was 4% good, 36% adequate and 60% lacking, in the control group 2% good, 32% sufficient and 60% lacking. Knowledge after the intervention was 96% good and 4% sufficient. In the control group 92% were good and 8% were sufficient. The average knowledge before intervention was  $53.20 \pm 12.90$  and the control group was  $55.20 \pm 13.76$ . After the intervention  $90.00 \pm 6.45$  and the control group  $85.20 \pm 6.20$ . The results showed that there was an empowering effect on the knowledge of Karang Taruna ( $p = 0,000$ ). Participation of Karang Taruna after training is in good category because it meets 7 participation criteria. The activities carried out by Karang Taruna are creating a whatsapp group, informing the results of training, recording adolescent women, early detection, nutrition promotion, referring women adolescent who are suspected of anemia, doing family assistance and recording and reporting.

**Conclusion:** There is an influence of Karang Taruna in controlling anemia in women adolescent in the village of Banguncipto, Sentolo, Kulon Progo.

**Keywords :** Empowerment, Karang Taruna, Women Adolescent, Anemia Knowledge, Participation