

EFFECT OF PROVIDING VIDEO INFORMATION ABOUT ANEMIA IN ADOLESCENT GIRLS AGE 15 AND 18 YEARS

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Abtrack

Background: Anemia is the largest public health problem in the world, especially for women of reproductive ages. One group that is susceptible to anemia is high school students. The prevalence of iron nutritional anemia that occurred in DIY Province increased by 36% in adolescent girls (DHO, 2014). One form of health education in increasing adolescent knowledge of anemia is doing counseling.

Research Purpose: The purpose of this study is to know the knowledge of adolescent girls before and after given counseling using video media about anemia..

Type of this research used is Quantitative with quasi eksperimentl method.

Research Method: Type of this research used is Quantitative with quasi eksperimentl method.. Research design is pre test and post test with control group design. The sample of this research are 35 female students of 1 Seyegan Senior High School and 35 female students of 1 Mlati Senior High School. The sampling technique used propotional random sampling. The research instrument used questionnaires and video media.

Research Result: Data analysis using paired sample test and independent sample test. The result of this research tested by independent of T-Test post test of knowledge by using video with lecture p (0,010 0,050 = significant) that there is difference of knowledge from both group after given intervention with different media. The result of paired test of Test p (0,000 0,050 = Significant), it shows the difference of pre-test and post-test knowledge after giving intervention.

Conclusion: a the difference between the video media and the lecture on increasing the knowledge of young women aged 15-18 years.

Keyword : Knowledge, Anemia, Video

PENGARUH PENGGUNAAN MEDIA VIDEO DALAM PENYULUHAN TENTANG ANEMIA PADA REMAJA PUTRI USIA 15-18 TAHUN

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Latar Belakang : Anemia merupakan masalah kesehatan masyarakat terbesar di dunia terutama bagi kelompok wanita usia reproduksi. Salah satu kelompok yang rentan terhadap anemia adalah Siswi SMA. Prevalensi anemia gizi besi yang terjadi di Provinsi DIY meningkat sebanyak 36% pada remaja putri (Dinkes DIY, 2014). Salah satu bentuk pendidikan kesehatan dalam meningkatkan pengetahuan remaja terhadap anemia dengan melakukan penyuluhan.

Tujuan penelitian: mengetahui pengetahuan remaja putri sebelum dan sesudah diberikan penyuluhan menggunakan media video mengenai anemia.

Rancangan Penelitian: Jenis penelitian yang digunakan adalah Kuantitatif dengan metode quasi eksperimentl. Rancangan penelitian pre test and post test with control group design. Sampel penelitian berjumlah 35 siswi SMAN 1 Seyegan, Sleman dan 35 Siswi SMAN 1 Mlati, Sleman. Teknik pengambilan sampel secara propotional random sampling. Instrumen penelitian menggunakan kuesioner dan media video.

Hasil Penelitian: Analisis data menggunakan paired sample test dan independent sample tes. Hasil penelitian dengan uji independent T-Test post test pengetahuan dengan menggunakan video dengan ceramah p (0,010 0,050 = Signifikan)sehingga ada perbedaan pengetahuan dari kedua kelompok setelah diberikan intervensi dengan media yang berbeda. Hasil uji paired sampel Test p (0,000 0,050 = Signifikan),hal ini menunjukkan adanya perbedaan pengetahuan pretest dan posttest setelah di beri intervensi.

Kesimpulan : ada perbedaan antara media video dan ceramah terhadap peningkatan pengetahuan remaja putri usia 15-18 tahun.

Kata kunci : pengetahuan, anemia, video