

**EDUCATIONAL VIDEOS TO INCREASE ADOLESCENTS
KNOWLEDGE AND ATTITUDE ABOUT THE IMPORTANCE
OF BLOOD SUPPLEMENTATION TABLETS AT SMP
MUHAMMADIYAH 1 MOYUDAN SLEMAN
YOGYAKARTA**

Nanda Dea Rizki¹, Irianton Aritonang², Rina Oktasari³
^{1,2,3}Department of Nutrition Poltekkes Ministry of Health Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta 55293,
(0274) 617801
Email : nnddearsk@gmail.com

ABSTRACT

Background: The prevalence of anemia in young women in Sleman Regency increased to 22.86% in 2018. Sleman Regency is the district with the lowest by providing blood supplement tablets for young women, the lowest is 28.08%. Counseling on the importance of blood supplement tablets is expected to increase knowledge and attitudes, which is a condition of the emergence of healthy behaviors of young women independently in an effort to prevent anemia from an early age.

Objective: To find out the effect of providing video education on the knowledge and attitudes of young women about the importance of blood supplement tablet at SMP Muhammadiyah 1 Moyudan Sleman Yogyakarta.

Methods: This study used a Quasi Experimental design with a Pre Test-Post Test With Control Group Design. The research was carried out at SMP Muhammadiyah 1 Moyudan and SMP Pangudi Luhur Moyudan with 24 samples for each. Each group was given a pre test and then given education through videos in the treatment group and power point slides in the control group, then post test 1 was given and after one week, post test 2. The data collected were tested for normality and continued with statistical analysis using the Paired Sample T-Test and the Independent Sample T-Test.

Results: The results of pre test, post test 1 and post test 2 knowledge scores after 1 week were given education on video media obtained a p value = 0.0001. While the results of the pre-test, post test 1 and post test 2 knowledge scores after 1 week were given education on power point slide media also obtained p value = 0.0001. In the pre test results, post test 1 and post test 2 attitudes after 1 week were given education on video media obtained a p value = 0.0001. Meanwhile, the results of the pre test score, post test 1 and post test 2 attitudes carried out after 1 week were given education on the power point slide media also obtained a p value = 0.0001. The average comparison of knowledge and attitude improvement between video media and power point slides obtained p value = 0.0001.

Conclusion: Video media is more effective than power point in increasing the knowledge and attitudes of young women about the importance of blood supplement tablet.

Keywords: educational video, blood supplement tablet, knowledge, attitude, adolescent

**PEMBERIAN VIDEO EDUKASI TERHADAP PENINGKATAN
PENGETAHUAN DAN SIKAP REMAJA TENTANG PENTINGNYA
TABLET TAMBAH DARAH DI SMP MUHAMMADIYAH 1 MOYUDAN
SLEMAN YOGYAKARTA**

Nanda Dea Rizki¹, Irianton Aritonang², Rina Oktasari³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta 55293,
(0274) 617801

Email : nnddearsk@gmail.com

ABSTRAK

Latar Belakang: Pada tahun 2018, prevalensi anemia pada remaja putri di Kabupaten Sleman meningkat menjadi 22,86%. Kabupaten Sleman merupakan wilayah kerja dengan cakupan pemberian tablet tambah darah bagi remaja putri terendah yaitu 28,08%. Penyuluhan tentang pentingnya tablet tambah darah diharapkan terjadi peningkatan pengetahuan dan sikap, yang merupakan kondisi timbulnya perilaku sehat remaja putri secara mandiri dalam upaya pencegahan anemia sejak dini.

Tujuan: Diketuainya pengaruh pemberian video edukasi terhadap pengetahuan dan sikap remaja putri tentang pentingnya tablet tambah darah di SMP Muhammadiyah 1 Moyudan Sleman Yogyakarta.

Metode: Penelitian ini menggunakan desain *Quasi Eksperimen* dengan rancangan *Pre-Post Test With Control Group*. Penelitian dilakukan di SMP Muhammadiyah 1 Moyudan dan SMP Pangudi Luhur Moyudan dengan masing-masing jumlah sampel sebanyak 24 orang. Setiap kelompok dilakukan *pre test* kemudian diberikan edukasi melalui video dan *slide power point*, lalu dilakukan *post test 1* dan *post test 2* setelah 1 minggu diberikan edukasi. Data yang dikumpulkan diuji kenormalannya dan dilanjutkan dengan analisis statistik menggunakan uji *Paired Sample T-Test* dan uji *Independent Sample T-Test*.

Hasil: Hasil skor *pre test*, *post test 1* dan *post test 2* pengetahuan yang dilakukan setelah 1 minggu diberikan edukasi pada media video diperoleh *p value* 0,0001. Sedangkan hasil skor *pre test*, *post test 1* dan *post test 2* pengetahuan yang dilakukan setelah 1 minggu diberikan edukasi pada media *slide power point* juga diperoleh *p value* 0,0001. Pada hasil *pre test*, *post test 1* dan *post test 2* sikap yang dilakukan setelah 1 minggu diberikan edukasi pada media video diperoleh *p value* 0,0001. Sedangkan hasil skor *pre test*, *post test 1* dan *post test 2* sikap yang dilakukan setelah 1 minggu diberikan edukasi pada media *slide power point* juga diperoleh *p value* 0,0001. Perbandingan rata-rata peningkatan pengetahuan dan sikap antara media video dan *slide power point* diperoleh *p value* 0,0001.

Kesimpulan: Media video lebih efektif dibandingkan *slide power point* terhadap peningkatan pengetahuan dan sikap remaja putri tentang pentingnya tablet tambah darah.

Kata Kunci: video edukasi, tablet tambah darah, pengetahuan, sikap, remaja.