

PENGGUNAAN VIDEO EDUKASI GIZI TENTANG ANEMIA TERHADAP PENGETAHUAN DAN KEPATUHAN MINUM TABLET TAMBAH DARAH DI SMKN 1 SAMIGALUH

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ABSTRAK

LatarBelakang: Anemia merupakan masalah kesehatan utama yang banyak terjadi pada remaja putri, terutama di negara berkembang termasuk Indonesia. Tingginya prevalensi anemia di wilayah kerja Puskesmas Samigaluh II mendorong pentingnya upaya edukasi gizi. Salah satu media edukasi yang potensial untuk meningkatkan pengetahuan dan kepatuhan konsumsi tablet tambah darah (TTD) adalah video edukasi gizi.

Tujuan: Mengetahui pengaruh penggunaan video edukasi gizi tentang anemia terhadap peningkatan pengetahuan dan kepatuhan minum TTD pada remaja putri di SMKN 1 Samigaluh.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain *quasi experimental* dan rancangan *pre-post test one group*. Sampel terdiri dari 31 remaja putri kelas X yang mengalami anemia. Intervensi dilakukan berupa pemutaran video edukasi gizi tentang anemia dan pentingnya TTD. Pengukuran dilakukan sebelum dan sesudah intervensi menggunakan kuesioner dan ceklis kepatuhan. Analisis data menggunakan uji Wilcoxon.

Hasil: Terdapat peningkatan pengetahuan yang signifikan setelah intervensi, dengan nilai median pretest 13 menjadi 19 pada posttest 1 dan 18 pada posttest 2 ($p < 0,05$). Kepatuhan minum TTD juga meningkat secara signifikan, dengan rata-rata 2.548 menjadi 3.290 dan median tetap 3 dengan $p = 0,002$ ($p < 0,05$).

Kesimpulan: Video edukasi gizi efektif meningkatkan pengetahuan dan kepatuhan minum TTD pada remaja putri di SMKN 1 Samigaluh.

Kata Kunci:

Anemia, remaja putri, video edukasi, pengetahuan, kepatuhan, tablet tambah darah

THE EFFECT OF NUTRITION EDUCATION VIDEOS ON ANEMIA ON KNOWLEDGE AND COMPLIANCE WITH IRON TABLET INTAKE AMONG STUDENTS OF SMKN 1 SAMIGALUH

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ABSTRACT

Background: Anemia is a major health issue, particularly among adolescent girls in developing countries, including Indonesia. The high prevalence of anemia in the working area of Samigaluh II Health Center highlights the need for effective nutrition education. One promising educational medium to improve knowledge and compliance in consuming iron supplements (Fe tablets) is educational video.

Objective: To determine the effect of nutrition education videos about anemia on improving knowledge and compliance in taking iron tablets among female students at SMKN 1 Samigaluh.

Methods: This was a quantitative study using a quasi-experimental design with a pre-post test one group design. The sample consisted of 31 anemic female students in grade X. The intervention involved showing a nutrition education video about anemia and the importance of iron tablets. Knowledge and compliance were measured before and after the intervention using questionnaires and a compliance checklist. Data were analyzed using the Wilcoxon signed-rank test.

Results: There was a significant increase in knowledge after the intervention, with median scores rising from 13 in the pretest to 19 in the first posttest and 18 in the second posttest ($p < 0.05$). Compliance in taking iron tablets also improved significantly, with the same median score of 3 ($p = 0.002$).

Conclusion: Nutrition education videos are effective in increasing knowledge and compliance in iron tablet consumption among adolescent girls at SMKN 1 Samigaluh.

Keywords:

Anemia, adolescent girls, educational video, knowledge, compliance, iron tablets