

The Influence of Health Education Using Booklet Media on the Level of Knowledge and Attitudes of Young Women About Anemia at Mts Raudlatul Ulum Langkap Besuki Situbondo

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Abstract

Introduction: One of the problems that often arises in young women is anemia. Knowledge about anemia will influence the attitudes and behavior of young women in preventing anemia. Research objective: to determine health education using booklet media on the level of knowledge and attitudes of young women regarding anemia. Method: using a Quasi Experimental design with a pretest-posttest design and a control group. The research sample consisted of 48 young women at MTS Raudhatul Ulum which were divided into 24 intervention groups and 24 control groups. The measuring instrument used was a questionnaire in the form of a knowledge and attitude questionnaire. Research results: Test results in the control group, statistical tests on knowledge produces a p-value of 0.009 (>0.05), which means the null hypothesis (H_0) is accepted. These results indicate that there was no significant change in the control group's knowledge after the research was conducted. However, in the intervention group, statistical tests on knowledge and attitudes in the intervention group showed p-values of 0.000 (<0.05) and 0.001 (<0.05), respectively, which means the alternative hypothesis (H_a) was accepted. This indicates that health education using booklet media has a significant positive influence on the knowledge and attitudes of young women about anemia.

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1. INTRODUCTION

Anemia is a symptom whose cause must be sought and treated according to the cause.

Anemia is a nutritional disorder caused by iron deficiency. Based on World Health Organization (WHO) guidelines, teenagers are said to have anemia if their hemoglobin level is less than 12mg/dl. The main causes of anemia are nutrition and infection. The nutritional problem associated with anemia is iron deficiency ³This is because consuming food that is not diverse or tends to be monotonous and rich in substances that can inhibit iron absorption so that iron cannot be utilized by the body. Iron deficiency can also be exacerbated by poor nutritional status, especially those related to deficiencies of folic acid, vitamins. B12 and vitamin A Anemia is a nutritional disorder caused by iron deficiency. Based on World Health Organization (WHO) guidelines, teenagers are said to have anemia if their hemoglobin level is less than 12mg/dl

Health education can change the behavior of people or society from unhealthy behavior to healthy behavior. As we know, if behavior is not in accordance with health principles, it can cause health problems. Knowledge about anemia includes the cognitive processes needed to combine information about anemia with eating behavior so that a good knowledge structure about nutrition and health can be developed. However, adolescents show that their knowledge is still low in certain aspects, so knowledge improvement still needs to be done which might further encourage changes in attitudes that support anemia prevention measures.

From the results of a preliminary study conducted by researchers by means of interviews conducted directly with 10 female students at MTS Raudlatul Ulum, 10 female students said that they did not understand what anemia was and they also did not understand the benefits of foods containing iron, which include helping maintain many vital functions in the body, including energy, body focus and the immune system. Moreover, the super active boarding school activities also make them get tired easily, after interviews with 10 female students at MTS Raudlatul Langap Besuki, many of the female students did not know that their illness was due to iron deficiency, because the lack of iron meant that the Hb decreased, as for the normal HB in teenagers, namely: 12-15 grams/dL

Based on the background above, researchers took the initiative to conduct research on the influence of health education using booklet media on the level of knowledge and attitudes of young women regarding anemia at Mts Raudhatul Ulum Langkap, Besuki Situbondo.

2. RESEARCH METHOD

The research design used in this research is a research design *Like an experiment* by using a plan *pretest-posttest with control group*.⁸ with a population of 93 female students at Mts Raudhatul Ulum Langkap Besuki Situbondo. The sampling technique in this research is purposive sampling. The sample for this research was obtained from the population based on statistical calculations using the Lemeshow formula to obtain a sample size of 48 respondents. Respondents were divided equally into 2 groups; the first group was the control group and the second group was the intervention group. The above interventions are independent variables in this research.

3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1. Research result

knowledge	N	Mean	Std. Deviation	Std. Error Mean	p value
Pre-test	24	49.66	6.246	1.27499	0.009
Post-test	24	56.12	4.426	0.90352	0.009

The statistical test results showed a P value of 0.009 (>0.05), meaning that Ho was accepted, which means there was no influence of health education about anemia on the level of knowledge of female students in dealing with anemia at MTS Raudlatul Ulum Langap Besuki Situbondo.

knowledge	N	Mean	Std. Deviation	Std. Error Mean	p value
Pre-test	24	55.29	1.685	7.74866	0.000
Post-test	24	58.04	1.560	7.02467	0.000

The statistical test results showed a P value of 0.000 (<0.05), meaning Ha was accepted, which means there was an influence of health education about anemia using booklet media on the level of knowledge of female students in dealing with anemia at MTS Raudlatul Ulum Langap Besuki Situbondo, because they were given health education using booklet media.

attitude	N	Mean	Std. Deviation	Std. Error Mean	p value
Pre-test	24	26.87	1.685	4.12113	0.000
Post-test	24	29.12	1.560	3.65124	0.000

The statistical test results showed that the P value was 0.000 (<0.05), meaning Ha was accepted, which means there was an influence of health education about anemia on the attitude of female students in dealing with anemia at MTS Raudlatul Ulum Langap, Besuki Situbondo.

attitude	N	Mean	Std. Deviation	Std. Error Mean	p value
Pre-test	24	26.87	1.685	4.12113	0.001
Post-test	24	33.54	6.89662	1.40777	0.001

The statistical test results showed that the P value was 0.001 (<0.05), meaning Ha was accepted, which means there was an influence of health education about anemia using booklet media on the attitudes of female students in dealing with anemia at MTS Raudlatul Ulum Langap, Besuki Situbondo.

3.2. Discussion

1. Knowledge About Anemia in the Control Group

From the data in the table above, the statistical test results show that the P value is 0.009 (>0.05), meaning Ho is accepted, which means there is no influence of health education about anemia on the level of knowledge of female students in dealing with anemia at MTS Raudlatul Ulum Langap Besuki Situbondo, so it can be concluded that no There is an influence of health education about anemia on the knowledge of young women from pretest to post-test. because only health education was given to control group female students.

2. Knowledge About Anemia in the Intervention Group

The statistical test results showed that the P value was 0.000 (<0.05), meaning Ha was accepted, which means there was an influence of health education about anemia using booklet media on the level of knowledge of female students in dealing with anemia at MTS Raudlatul Ulum Langap, Besuki Situbondo.

This research shows that health education using booklet media can increase knowledge of anemia in adolescent girls at MTS Raudlatul Ulum Langap Besuki Situbondo. Increasing knowledge of anemia through health education is one effort to prevent anemia in adolescents.

3. Attitudes About Anemia in the Control Group

The statistical test results showed that the P value was 0.000 (<0.05), meaning Ha was accepted, which means there was an influence of health education about anemia on the attitude of female students in dealing with anemia at MTS Raudlatul Ulum Langap, Besuki Situbondo.

The results of this research also showed that many respondents had a positive attitude about anemia, namely that respondents understood and knew about the dangers and losses that would occur if anemia occurred, where respondents received information about anemia, namely through health education using booklets that had been given by the researcher.

4. Attitudes About Anemia in the Intervention Group

The statistical test results showed a P value of 0.001 (<0.05), meaning H_a was accepted, which means there was an influence of health education about anemia using booklet media on the attitude of female students in dealing with anemia at MTS Raudlatul Ulum Langap, Besuki Situbondo.

The difference is that health education using booklet media has a greater average value with booklet media compared to health education, which shows that there is a significant difference in attitudes.

4. CONCLUSION

1. Knowledge about anemia in the control group among MTS Raudlatul Ulum Langap Besuki Situbono female students after administering the questionnaire with health education experienced a change in knowledge with a P value of 0.009 (>0.05), namely there was no significant influence on the knowledge of Raudlatul Ulum Langap Besuki Situbondo MTS female students.
2. Knowledge about anemia in the intervention group among MTS Raudlatul Ulum Langap Besuki Situbondo female students after administering the questionnaire with health education experienced a change in knowledge with a P value of 0.000 (<0.05), namely that there was a significant influence on the knowledge of Raudlatul Ulum Langap Besuki Situbondo MTS female students.
3. Attitudes in dealing with anemia in the control group among female students at MTS Raudlatul Ulum Langap, Besuki Situbondo, after administering the questionnaire with health education, there was a change in attitude with a P value of 0.000 (<0.05), namely that there was a significant influence on the attitude of female students at MTS Raudlatul Ulum Langap, Besuki Situbondo.
4. Attitudes towards menarche in the control group among female students at SDN Pohsangit Kidul 2, Probolinggo City, after administering the questionnaire without any education, did not experience a change in attitude with a P value of 0.001 (<0.05), namely that there was a significant influence on the knowledge of female students at MTS Raudlatul Ulum Langap, Besuki Situbondo.

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