

## THE INFLUENCE OF HEALTH EDUCATION USING VIDEO EDUCATION MEDIA ON INCREASING ADOLESCENT WOMEN'S KNOWLEDGE ABOUT ANEMIA

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### ABSTRAK PENGARUH PENDIDIKAN KESEHATAN MENGGUNAKAN MEDIA VIDEO EDUCATION TERHADAP PENINGKATAN PENGETAHUAN REMAJA WANITA TENTANG ANEMIA

Pendahuluan: Data WHO (2015) menunjukkan bahwa 41,8% kematian ibu berhubungan dengan anemia pada kehamilan, dimana penyebab anemia adalah kekurangan zat besi sehingga menyebabkan perdarahan akut (Yankes Kementerian Kesehatan, 2022). Upaya pencegahan anemia pada remaja putri sangatlah penting, karena ketika perempuan sudah menderita anemia sejak remaja maka akan banyak resiko yang dihadapi pada saat hamil seperti aborsi, melahirkan bayi dengan berat badan lahir rendah, rahim tidak dapat berkontraksi. benar, pendarahan setelah melahirkan yang dapat mengakibatkan kematian (Alifah safira Amperatmako, 2022).

Tujuan penelitian ini Tujuan penelitian ini untuk mengetahui pengaruh pendidikan kesehatan menggunakan media edukasi video terhadap peningkatan pengetahuan remaja tentang anemia di SMPIT/SMAIT AI-Firdaus Kemiling.

Metode: dimana desain penelitian adalah one group pretest-posttest tanpa kontrol. Populasi dalam penelitian ini adalah seluruh remaja putri SMPIT/SMAIT AI-Firdaus tahun 2023 yang berjumlah 30 responden. Teknik pengambilan sampel dalam penelitian ini adalah total sampling yaitu seluruh populasi yang dijadikan sampel penelitian yaitu 30 responden. Variabel dalam penelitian ini adalah pengetahuan remaja putri tentang anemia. Alat ukur yang digunakan adalah data primer dengan menggunakan angket yang diberikan kepada siswi SMPIT dan SMAIT AI-Firdaus pretest dan posttest. Penelitian ini dilaksanakan pada bulan September sampai dengan Oktober 2023. Analisis data dilakukan dengan menggunakan uji colmogrof-smimof dan hasilnya data tidak berdistribusi normal, selanjutnya dilakukan uji Wilcoxon untuk membuktikan hipotesis penelitian

Hasil: Rata-rata skor pengetahuan remaja putri sebelum diberikan edukasi pencegahan anemia menggunakan media video adalah 66,57 dan setelah diberikan video pengetahuan meningkat menjadi rata-rata 85,63. Dari hasil pengolahan data Asymp Sig (2 tailed) lebih kecil dari 0,05 maka terdapat pengaruh video animasi yang diberikan pada remaja putri terhadap peningkatan pengetahuan tentang pencegahan anemia.

Kesimpulan: Kesimpulan penelitian ini adalah terdapat pengaruh pemberian video animasi pencegahan anemia terhadap pengetahuan remaja. Dengan adanya video, remaja terbantu untuk mendapatkan informasi yang lengkap dan akurat sehingga pengetahuan tentang anemia pada remaja semakin meningkat.

Saran : Diharapkan kepada petugas kesehatan dapat melakukan sosialisasi kepada remaja dengan cara mengunjungi sekolah-sekolah agar seluruh remaja dapat terpapar informasi tentang pencegahan anemia sehingga diharapkan terjadi perubahan perilaku remaja sehari-hari, sehingga dapat membantu mereka. kegiatan menjadi lebih kreatif dan inovatif.

Kata kunci pendidikan kesehatan, pengetahuan remaja, anemia

### ABSTRACT

Introduction: WHO data (2015) shows that 41.8% of maternal deaths are related to anemia in pregnancy, where the cause of anemia is iron deficiency, which causes acute bleeding (Yankes Ministry of Health, 2022). Efforts to prevent anemia in adolescent girls are very important, because when women have suffered from anemia since they were teenagers, they will face many risks during pregnancy such as abortion, giving birth to babies with low birth weight, the uterus not being able to contract properly, bleeding after delivery which can result in death (Alifah safira Amperatmako, 2022).

The purpose of this study The purpose of this study to determine the effect of health education using video educational media on increasing teenagers' knowledge about anemia at SMPIT/SMAIT AI-Firdaus Kemiling.

Method: where the research design is one group pretest-posttest without control. The population in this study were all young women at SMPIT/SMAIT AI-Firdaus in 2023 with a total of 30 respondents. The sampling technique in this research was total sampling of the entire population used as a research sample, namely 30

respondents. The variable in this study is the knowledge of young women about anemia. The measuring instrument used is primary data using a questionnaire given to female students at SMPIT and SMAIT Al-Firdaus pretest and posttest. This research was carried out from September to October 2023. Data analysis was carried out using the colmogrof-smimof test and the results were that the data was not normally distributed, then the Wilcoxon test was carried out to prove the research hypothesis

The results: The average knowledge score of young women before being given anemia prevention education using video media was 66.57 and after being given the video knowledge increased to an average of 85.63. From the data processing results, Asymp Sig (2 tailed) is smaller than 0.05, so there is an influence on the animated video given to young women on increasing knowledge about preventing anemia.

Conclusion: The conclusion of this research is that there is an effect of providing anemia prevention animation videos on teenagers' knowledge. With videos, teenagers are helped to get complete and accurate information so that knowledge about anemia in teenagers improves.

Suggestion: It is hoped that health workers can carry out outreach to teenagers by visiting schools so that all teenagers can be exposed to information about preventing anemia so that it is hoped that there will be changes in the daily behavior of teenagers, which will help their activities to be more creative and innovative.

Keywords health education, adolescent knowledge, anemia

## INTRODUCTION

Based on the 2015 inter-census population survey (SUPAS), the maternal mortality rate/MMR was 305 per 100,000 (City Health Service, 2023), live births and the main cause of maternal death was 20.3% postpartum hemorrhage (City Health Service, 2023). WHO data (2015) also shows that 41.8% of maternal deaths are related to anemia in pregnancy, where the cause of anemia is iron deficiency, which causes acute bleeding (Ministry of Health, 2022).

Anemia is a condition in which the levels of hemoglobin (Hb), hematocrit and red blood cell count decrease below normal values (Jihan Salsabila et al., n.d.). WHO states that individuals can be said to be suffering from anemia if Hb levels are below 12.0 and 13.0 g/dL in both women and men (Fadhilah et al., 2022). The cause of anemia is a lack of macronutrients (protein) and micronutrients, especially iron, which is estimated to be around 50-80% of anemia caused by iron deficiency in global research (Paramashanti, 2021).

Adolescent girls are prone to suffering from anemia because they lose a lot of blood during menstruation (Putri et al., 2021). According to (Novita Sari, 2022) the impact of short-term anemia on adolescent girls is that adolescents can experience symptoms of iron nutritional anemia, namely 5 L (weak, tired, lethargic, fatigued, lethargic), easily drowsy, short of breath, disturbed concentration and reduced appetite. . Meanwhile, the long-term impact is when women have suffered from anemia since they were teenagers, they will face many risks during pregnancy such as abortion, giving birth to babies with low birth weight, the uterus not being able to contract properly, bleeding after delivery which can result in death (Amperatmoko et al., 2022) Therefore,

efforts to prevent anemia in adolescent girls are very important.

In accordance with WHO recommendations in 2011, efforts to overcome anemia in adolescent girls are focused on promotion and prevention activities. To prevent anemia in adolescents by increasing consumption of iron-rich foods, supplementation with blood supplement tablets and increasing fortification of food with iron and folic acid (Muyassaroh et al., 2020). Based on the evaluation of the health and nutrition program of the Lampung Province Health Office in 2022, the coverage of young women who received blood supplement tablets has decreased since 2019, namely from 90.30% to 48.21%. Distribution based on districts or cities, there were 10 districts/cities that did not reach the target. In the field of health promotion, preventing anemia in adolescents is by using learning media as a form of educational activity about anemia. Media that can be used for health promotion include video media, leaflets, booklets, flip sheets. (Fachira Kasmarini & Ratih Kurniasari, 2022). Video is an audiovisual that is increasingly popular in society, one of the advantages of video as a learning tool is that the meaning is clearer so that it can be better understood by students. The counseling method using audiovisual media can provide real stimulation containing moving images and sound elements with a relatively short duration that is shown in video form (Fitriani Dwiana et al., 2019). Audiovisual media in the form of videos can be used to increase teenagers' interest in counseling activities, so it is hoped that after the counseling is carried out it will have a positive impact on teenagers (Sari et al., 2022).

Previous research shows that there are differences in knowledge and attitudes before and

after being given education using animated video media at SMAN 12 Depok City in 2021 (Hastoaji, 2021). Knowledge or cognitive is a very important domain for the formation of a person's actions (Anifah, 2020). Based on previous research, there are differences in the effectiveness of videos on the level of knowledge and attitudes about anemia in the pretest and post-test. (Anggrio, 2020)

Based on this phenomenon, researchers are interested in conducting research on the influence of health education using videos on young women's knowledge about anemia at the Al-Firdaus Kemiling Islamic boarding school.

## RESEARCH METHODS

The design used in this research was one group pretest-posttest without control. The sample was 30 female students of the Al-Firdaus Kemiling Islamic boarding school who were given pretest and posttest questionnaires to measure their knowledge. Data analysis was carried out using the Kolmogorov-smimov test and the results were that the data was not normally distributed, then the Wilcoxon test was carried out to prove the research hypothesis.

## RESEARCH RESULT

### Univariat

**Tabel 1**  
**Knowledge of Young Women Before and After being given Anemia Prevention Education Using Animation Video Media**

Pengetahuan	N	Mean	SD
Before being given the video	30	66,57	4,8
After being given the video	30	85,63	3,2

From the results of the table above, it is known that the average knowledge score for young women before being given anemia prevention education using video media was 66.57 and after being given the video, knowledge increased to an average of 85.63.

### Bivariat

From the results of the table above, the Asymp Sig (2 tailed) is smaller than 0.05, so there is an influence on the animated videos given to young women on increasing knowledge about anemia prevention. Table of Effects of Anemia Prevention Education on Young Women's Knowledge of Using Animation Video Media

**Tabel 2**

**Table of Influence of Anemia Prevention Education on Knowledge of Young Women Using Animation Video Media**

Posttest-Pretest	
Z	0,373
Asymp Sig.(2 tailed)	0,000

## DISCUSSION

### Knowledge of adolescent girls about anemia

From the results of the univariate analysis, it is known that the average knowledge score for young women before being given anemia prevention education using video media was 66.57 and after being given the video, knowledge increased to an average of 85.63.

Anemia is a medical condition where the Hb level is less than normal and the normal Hb level in young women is >12gr% (Dr. Vladimir, 2021). Adolescent girls are particularly at risk of developing iron deficiency anemia. This is due to the large amount of nutrients lost during menstruation and also due to the minimal nutritional intake of iron to accelerate growth and development (Kasjono et al., 2021) so balanced nutrition is needed to determine the health quality of women's reproductive organs (Nurcahyani, 2020).

Young Women's knowledge about anemia will influence the incidence of anemia. Knowledge about anemia will influence the behavior of young women in preventing anemia (Permanasari, 2021). Efforts made to prevent anemia in adolescents are by providing anemia education to increase knowledge about anemia (Turnip & Arisman, 2022). One effective educational medium is using video. According to Nur Hawa, video is a tool that is known to be appropriate when used in health education. Providing education to increase knowledge through video is one of the preventive efforts to prevent anemia.

From the research results (Dewi, 2020) it is known that there is a significant difference between knowledge of anemia before and after counseling without video with a value of p.0.000. According to (Hidayah et al., 2022) video media is expected to be able to stimulate the senses of hearing and sight during the education delivery process. Likewise, from research results (ASMAWATI et al., 2021), it is known that counseling using videos has a significant influence on female students' knowledge and attitudes about anemia with knowledge results of p=0.000 (p<0.05).

According to researchers, health knowledge needs to continue to be improved through health education provided by health practitioners on a

regular and planned basis. Having good health education is very necessary to encourage increased health knowledge and behavior.

### **The influence of health education using video educational media on adolescent girls' knowledge about anemia**

From the results of the table above, the Asymp Sig (2 tailed) is smaller than 0.05, so there is an influence on the animated video given to young women on increasing knowledge about preventing anemia.

Anemia in adolescent girls is a problem that is often encountered, especially those who are already menstruating. The impact of anemia on teenagers can reduce academic achievement and make them susceptible to disease. Efforts to increase knowledge of anemia among young women have been carried out through health education. Health education is an effort to develop and increase knowledge, change thought patterns and take action to achieve a healthy life for adolescents (Sianipar et al., 2023).

Health education that is widely used today is still conventional, such as leaflets, booklets, flip sheets, as time goes by, generation 4.0 feels more effective using an audiovisual approach in the form of video (Emergency et al., 2021). By providing health education, namely by using animated videos, the message will be more interesting, more accepted and understood by teenagers (Hutasoit et al., 2022)

Based on the results of an evaluation conducted by (Azzahra et al., 2022), prior knowledge of anemia in the video control group had a low score due to the lack of knowledge of female students because there was no special topic about anemia in the school curriculum while the video treatment received a high score due to previous experience. . With a stimulus in the form of education, it is hoped that there will be a positive change in intentions among young women and generate behavior to prevent anemia (Balqis, 2022). Nutrition education using video media is effective in increasing teenagers' knowledge about anemia in middle and high schools in Bantul district (p.value 0.0000) (Dwiningrum & Fauzia, 2022). In line with research (Noverina et al., 2020), the results showed that there was an influence of explanation videos in preventing anemia in adolescent girls on knowledge and consumption of blood supplement tablets at SMPN 65 North Jakarta. This research is strengthened by research results (Romanti, Yulia; Wahyuni, Elly; Efriani, 2022) where counseling using video media is more effective in increasing teenagers' knowledge about anemia compared to leaflet media.

According to researchers, video media has proven to be significant in increasing the knowledge of young women. The use of video is preferred not only because it is attractive in terms of appearance but also has a more attractive sound so that respondents find it easier to receive and understand the information provided and feel happy during the education process. With the development of science and technology for health workers, it is important to see opportunities from health education videos as an appropriate intervention in increasing public knowledge about health, especially anemic problems.

### **CONCLUSION**

The conclusion of this research is that there is an effect of providing anemia prevention animation videos on teenagers' knowledge. With videos, teenagers are helped to get complete and accurate information so that knowledge about anemia in teenagers improves.

### **SUGGESTION**

It is hoped that health workers can carry out outreach to teenagers by visiting schools so that all teenagers can be exposed to information about preventing anemia so that it is hoped that there will be changes in the daily behavior of teenagers, which will help their activities to be more creative and innovative.

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