

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING  
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Pengaruh Paparan Edukasi Gizi Terhadap Pengetahuan Dan Sikap Remaja  
Tentang Anemia Di SMA Immanuel Bandar Lampung

### ABSTRAK

Remaja putri yang menderita anemia beresiko mengalami anemia pada saat hamil. Berdasarkan data Survei Kesehatan Indonesia 2023, prevalensi anemia pada remaja usia 15-24 tahun sebesar 15,5%. Berdasarkan data Dinas Kesehatan Provinsi Lampung, tercatat tingginya kejadian anemia di provinsi Lampung yaitu sebanyak 25,9%. Hal ini akan berpotensi menimbulkan komplikasi kehamilan dan persalinan. Edukasi gizi dapat mencegah anemia pada remaja karena pengetahuan remaja tentang gizi berpengaruh terhadap kejadian anemia pada remaja.

Tujuan pada penelitian ini adalah diketahuinya pengaruh paparan edukasi gizi terhadap sikap dan pengetahuan remaja tentang anemia.

Jenis penelitian ini adalah penelitian analitik menggunakan pendekatan cross sectional dengan objek penelitian ini adalah pengetahuan dan sikap remaja tentang anemia dan subjek penelitian adalah siswi SMA Immanuel Bandar Lampung yang berjumlah 89 orang sehingga penelitian ini merupakan penelitian total populasi. Pengumpulan data secara langsung menggunakan kuesioner. Analisis univariat menggunakan distribusi frekuensi dan analisis bivariante data menggunakan uji chi square.

Hasil penelitian ini menunjukkan bahwa 32% remaja terpapar edukasi gizi, 34% berpengetahuan baik tentang anemia, dan 47% memiliki sikap *favorable*. Pada hasil analisis bivariante menggunakan chi square didapati ada pengaruh paparan edukasi gizi terhadap pengetahuan remaja tentang anemia dengan  $p\text{-value} = 0.000$ , dan ada pengaruh paparan edukasi gizi terhadap sikap remaja tentang anemia dengan  $p\text{-value} = 0.004$ . Oleh karena itu, diperlukan adanya dukungan dan pelayanan khusus bagi remaja untuk meningkatkan pengetahuan dan sikap remaja tentang pencegahan anemia dengan pemberian edukasi gizi.

Kata Kunci : Pengetahuan, Sikap, Remaja, Edukasi Gizi

KEMENKES TANJUNGPINANG HEALTH POLYTECHNIC  
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The Effect of Exposure to Nutrition Education on Adolescents' Knowledge and Attitudes About Anemia at Immanuel High School, Bandar Lampung

### **ABSTRACT**

Adolescent girls who suffer from anemia are at risk of anemia during pregnancy. based on data from the 2023 Indonesian Health Survey, the prevalence of anemia in adolescents aged 15-24 years was 15.5%. Based on data from the Lampung Provincial Health Office, there is a high incidence of anemia in Lampung province, which is 25.9%. This will potentially lead to complications of pregnancy and childbirth. Nutrition education can prevent anemia in adolescents because adolescents' knowledge about nutrition affects the incidence of anemia in adolescents.

The purpose of this study was to determine the effect of exposure to nutrition education on adolescents' attitudes and knowledge about anemia.

This type of research is analytical research using a cross sectional approach with the object of this research is knowledge and attitudes of adolescents about anemia and the research subjects are 89 Immanuel Bandar Lampung high school students so that this research is a total population study. Data collection directly using a questionnaire. Univariate analysis uses frequency distribution and bivariate analysis of data using chi square test.

The results of this study showed that 32% of adolescents were exposed to nutrition education, 34% had good knowledge about anemia, and 47% had a favorable attitude. In the results of bivariate analysis using chi square, it was found that there was an effect of exposure to nutrition education on adolescents' knowledge about anemia with a p-value = 0.000, and there was an effect of exposure to nutrition education on adolescents' attitudes about anemia with a p-value = 0.004. Therefore, it is necessary to provide support and special services for adolescents to increase adolescents' knowledge and attitudes about anemia prevention by providing nutrition education.

Keywords: Knowledge, Attitude, Adolescents, Nutrition Education