

## Nutrition education, hemoglobin levels, and nutrition knowledge of adolescent girls in Banyumas district

<b>Title</b>	Nutrition education, hemoglobin levels, and nutrition knowledge of adolescent girls in Banyumas district
<b>Author Order</b>	of
<b>Accreditation</b>	3
<b>Abstract</b>	<p>ABSTRAK Latar belakang: anemia merupakan masalah gizi utama yang ditemukan pada remaja putri. Jejak prevalensinya semakin meningkat. Anemia pada remaja putri yang tidak tertangani akan berlanjut hingga masa kehamilan dan berakibat pada tingginya ibu hamil anemia. Suplementasi tablet besi cukup efektif dalam penanganan masalah anemia namun kurangnya pengetahuan terhadap anemia menurunkan tingkat kepatuhan konsumsi tablet besi sehingga pengetahuan dan sikap remaja memegang peranan penting dalam keberhasilan menurunkan prevalensi anemia. Tujuan: menganalisis efektifitas edukasi gizi terhadap kadar hemoglobin dan skor pengetahuan dalam upaya penanganan anemia gizi remaja putri. Metode: Penelitian menggunakan desain True experimental dengan randomized pretest-posttest control group <math>\bar{A}, \hat{A}</math> design. Intervensi menggunakan edukasi gizi di laksanakan sebanyak enam kali selama 1,5 bulan dengan satu kali pertemuan setiap minggu. Jumlah subjek sebanyak 70 orang terdiri dari 31 orang kelompok perlakuan dan 39 orang kelompok kontrol. Uji T berpasangan digunakan untuk menganalisis perbedaan kadar hemoglobin dan skor pengetahuan sebelum dan sesudah pemberian edukasi gizi. Hasil : Hasil analisis statistik menunjukkan terdapat perbedaan rerata kadar hemoglobin pada kelompok perlakuan antara sebelum dan sesudah edukasi gizi dari 12.17 g/dL meningkat menjadi 12.68 g/dL (<math>p = 0,001</math>). Skor pengetahuan subjek meningkat dari <math>16.03 \bar{A}, \hat{A} \pm 2.30</math> menjadi <math>20.09 \bar{A}, \hat{A} \pm 2.21</math> (<math>p = 0,000</math>). Kesimpulan: Pemberian edukasi gizi efektif meningkatkan kadar hemoglobin dan skor pengetahuan remaja putri. <math>\bar{A}, \hat{A}</math> KATA KUNCI: Remaja putri; kadar hemoglobin; skor pengetahuan; pendidikan gizi <math>\bar{A}, \hat{A}</math> <math>\bar{A}, \hat{A}</math> ABSTRACT Background: Anemia is a major nutritional problem found in adolescent girls. The prevalence trend is increasing. Anemia in untreated adolescent girls will continue until pregnancy and result in anemia of anemic pregnant women. Iron supplementation is quite effective in handling anemia problem but lack of knowledge to anemia decrease compliance level of iron tablet consumption so that knowledge and attitude of adolescent plays an important role in the success of decreasing prevalence of anemia. Objectives: to analyze the effectiveness of nutritional education on hemoglobin level and knowledge score in the effort of anemia treatment in adolescent girls. Methods: This research used true experimental with randomized pretest-posttest control group <math>\bar{A}, \hat{A}</math> design. Intervention using nutritional education was conducted in six sessions for 1.5 months once every week. Total participants of this study were 70 people consisted of 31 treatment groups and 39 controls. Paired T test is used to analyze the difference of hemoglobin level and score of knowledge before and after nutrition education. Results: The statistical test showed that there was a difference of mean hemoglobin level in treatment group between before and after nutrient education from 12.17 g / dL increased to 12.68 g / dL (<math>p = 0,001</math>). The subject knowledge score increased from <math>16.03 \bar{A}, \hat{A} \pm 2.30</math> to <math>20.09 \bar{A}, \hat{A} \pm 2.21</math> (<math>p = 0,000</math>). Conclusion: Effective nutrition education raises the hemoglobin level and the girls' knowledge score. <math>\bar{A}, \hat{A}</math> KEYWORDS: adolescent girls; hemoglobin levels; knowledge scores; nutrition <math>\bar{A}, \hat{A}</math> education <math>\bar{A}, \hat{A}</math></p>
<b>Publisher Name</b>	Alma Ata University Press
<b>Publish Date</b>	2019-03-30
<b>Publish Year</b>	2018
<b>Doi</b>	DOI: 10.21927/ijnd.2018.6(3).107-112
<b>Citation</b>	
<b>Source</b>	Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)
<b>Source Issue</b>	VOLUME 6 ISSUE 3, 2018
<b>Source Page</b>	107-112
<b>Url</b>	<a href="https://ejournal.almaata.ac.id/index.php/IJND/article/view/759/pdf_3">https://ejournal.almaata.ac.id/index.php/IJND/article/view/759/pdf_3</a>
<b>Author</b>	YOVITA PURI SUBARDJO, S.Gz, Dietisien, M.P.H