

## ABSTRAK

Anemia pada remaja merupakan salah satu masalah kesehatan yang sering terjadi, khususnya pada remaja perempuan yang berada di usia reproduksi. Anemia pada remaja dapat mempengaruhi kesehatan dan kualitas hidup mereka, seperti menurunkan daya tahan tubuh dan mengganggu konsentrasi serta prestasi akademik.

Penelitian ini bertujuan untuk mengetahui efektivitas media edukasi berbasis video dan leaflet terhadap pengetahuan remaja putri tentang anemia di SMPN 1 Petang. Metode penelitian menggunakan metode *Quasy Eksperiment* yaitu *Pretest-Postest One Group Design* dengan teknik *simple random sampling*. Perhitungan besar sampel penelitian ini dibantu aplikasi *sample size* khusus diperoleh *sample size* sebanyak 30 orang.

Berdasarkan hasil penelitian dari uji statistik *Wilcoxon test* menunjukkan perbedaan nilai *pre-test* dan *post-test* pada kelompok media video dan leaflet diperoleh nilai  $p= 0.000$  atau  $p< 0.05$  artinya  $H_a$  diterima. Berdasarkan hasil uji *Mann- withney* diperoleh hasil nilai  $p = 0,045$  atau  $p< 0.05$ , sehingga  $H_a$  diterima. Kesimpulan dalam penelitian ini ada perbedaan yang bermakna terhadap pengetahuan siswa tentang anemia sebelum dan sesudah diberikan edukasi menggunakan media video dan leaflet. Terdapat perbedaan efektifitas media video dan media leaflet dengan media video lebih efektif dalam meningkatkan pengetahuan tentang anemia pada siswa SMPN 1 Petang dibandingkan dengan media leaflet.

**Kata Kunci:** Anemia, Video, Leaflet, Pengetahuan, Remaja

## **ABSTRACT**

*Anemia in adolescents is a health problem that often occurs, especially in female adolescents who are of reproductive age. Anemia in adolescents can affect their health and quality of life, such as reducing body resistance and interfering with concentration and academic achievement.*

*This study aims to determine the effectiveness of video and leaflet-based educational media on young women's knowledge about anemia at SMPN 1 Petang. The research method uses the Quasy Experiment method, namely the Pretest-Posttest One Group Design with simple random sampling technique. The calculation of the sample size of this study was assisted by a special sample size application to obtain a sample size of 30 people.*

*Based on the results of the research from the Wilcoxon test statistic, it showed that the difference in pre-test and post-test values in the video and leaflet media group obtained a value of  $p = 0.000$  or  $p < 0.05$  meaning that  $H_a$  is accepted. Based on the results of the Mann-Withney test, the results obtained were  $p = 0.045$  or  $p < 0.05$ , so that  $H_a$  was accepted. The conclusion in this study is that there is a significant difference in students' knowledge about anemia before and after being given education using video media and leaflets. There are differences in the effectiveness of video media and leaflet media with video media being more effective in increasing knowledge about anemia in SMPN 1 Petang students compared to leaflet media.*

**Keywords:** *Anemia, Video, Leaflet, Knowledge, Youth*