

ABSTRAK

HUBUNGAN PEMBERIAN EDUKASI MELALUI MEDIA AUDIO VISUAL TERHADAP PENGETAHUAN DAN SIKAP REMAJA PUTRI TENTANG TABLET TAMBAH DARAH DI SMAN 2 PEKANBARU

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Remaja putri pada masa pubertas sangat berisiko mengalami anemia gizi besi. Hal ini disebabkan karena banyaknya zat besi yang hilang selama menstruasi. *World Health Organization* (WHO) dalam *world health statistics* tahun 2023 menunjukkan bahwa prevalensi anemia pada wanita usia reproduktif (15-49 tahun) di dunia berkisar sebanyak 28%. Pengetahuan dan sikap seseorang dalam mencegah anemia mendorong berkembangnya perilaku seseorang dalam mengkonsumsi tablet tambah darah. Dari data dinas kesehatan kota Pekanbaru tahun 2021, presentase remaja putri yang mendapatkan tablet tambah darah (TTD) 35,4% sedangkan yang mengkonsumsi 32,3%. Kesadaran remaja dalam upaya pencegahan anemia melalui tablet tambah darah masih rendah. Tujuan dari penelitian ini adalah untuk mengetahui hubungan pemberian edukasi melalui audio visual terhadap pengetahuan dan sikap remaja putri tentang tablet tambah darah. Jenis Penelitian ini adalah penelitian kuantitatif, menggunakan rancangan *Quasy Experimental Design*. dengan metode *one group pretest-posttest*. Hasil penelitian dengan uji *paired sampel T-test* pada variable pengetahuan didapatkan nilai $p \text{ value} = 0,000 \leq 0,05$ dengan menggunakan tingkat kepercayaan 95%, yang berarti ada hubungan edukasi melalui media audio visual terhadap pengetahuan remaja putri tentang tablet tambah darah di SMAN 2 Pekanbaru. Pada variable sikap didapatkan nilai $p \text{ value} = 0,001 \leq 0,05$ dengan menggunakan tingkat kepercayaan 95%, yang berarti ada hubungan edukasi melalui media audio visual terhadap sikap remaja putri tentang tablet tambah darah di SMAN 2 Pekanbaru. Sehingga dapat disimpulkan hasil dari penelitian didapatkan adanya hubungan pemberian edukasi melalui media audio visual terhadap pengetahuan dan sikap remaja putri tentang tablet tambah darah di SMAN 2 Pekanbaru ($p \text{ value} < 0,05$).

Kata kunci: Tablet tambah darah, Pengetahuan, Sikap, Remaja Putri, Media Audio Visual

ABSTRACT

THE RELATIONSHIP BETWEEN PROVIDING EDUCATION THROUGH AUDIO-VISUAL MEDIA ON THE KNOWLEDGE AND ATTITUDES OF ADOLESCENT GIRLS ABOUT BLOOD SUPPLEMENT TABLETS IN SMAN 2 PEKANBARU

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Adolescent girls at puberty are particularly at risk of iron nutritional anemia. This is due to the large amount of iron lost during menstruation. World Health Organization (WHO) in world health statistics in 2023 shows that the prevalence of anemia in women of reproductive age (15-49 years) in the world ranges as much as 28%. A person's knowledge and attitude in preventing anemia encourages the development of a person's behavior in taking blood supplement tablets. From the data of the Pekanbaru city health office in 2021, the percentage of adolescent girls who received blood supplement tablets (TTD) was 35.4% while those who consumed 32.3%. Adolescent awareness in efforts to prevent anemia through blood-added tablets is still low. The purpose of this study was to determine the relationship of providing education through audio visual to the knowledge and attitudes of adolescent girls about blood supplement tablets. This type of research is quantitative research, using Quasy Experimental Design. with one group pretest-posttest method. The results of research with paired sample T-test test on the knowledge variable obtained $p \text{ value} = 0.000 \leq 0.05$ using 95% confidence level, which means there is a relationship of education through audio visual media on the knowledge of adolescent girls about blood tablets at SMAN 2 Pekanbaru. In the attitude variable, the $p \text{ value} = 0.001 \leq 0.05$ using a confidence level of 95%, which means there is a relationship between education through audio-visual media on the attitude of adolescent girls about blood tablets at SMAN 2 Pekanbaru. So it can be concluded that the results of the study obtained the relationship of providing education through audio-visual media on the knowledge and attitudes of adolescent girls about blood tablets at SMAN 2 Pekanbaru ($p \text{ value} < 0.05$).

Keywords: Blood supplement tablets, Knowledge, Attitude, Adolescent Girls, Audio Visual Media