

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI
BIDAN
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**Pengaruh Edukasi Gizi Berbasis Media *Video* Terhadap Pengetahuan
Tentang Anemia Pada Remaja Putri Di SMK Negeri 2 Pekanbaru**

XIII + 84 Halaman + 7 Tabel + 2 Skema + 11 Lampiran

ABSTRAK

Di kalangan remaja putri, anemia masih menjadi masalah kesehatan yang umum. Remaja mungkin kesulitan mengenali gejala, penyebab, dampak, serta cara pencegahan anemia karena kurangnya pemahaman mengenai kondisi tersebut. Remaja putri bisa memperoleh manfaat dari *video* edukasi gizi dalam berbagai cara. Penelitian ini bertujuan untuk mengetahui gambaran rata-rata nilai pengetahuan remaja putri sebelum dan sesudah diberikan edukasi gizi berbasis media *video* serta mengetahui perbedaan nilai pengetahuan sebelum dan sesudah intervensi di SMK Negeri 2 Pekanbaru. Dengan memakai rancangan one-group pretest-posttest design serta pendekatan *quasi-experimental*, studi ini menerapkan metode kuantitatif. Sebanyak enam puluh lima remaja putri dari SMK Negeri 2 Pekanbaru berpartisipasi dalam studi yang dilaksanakan pada tanggal 7 Juli 2026. Kuesioner berbasis pengetahuan mengenai anemia dipergunakan sebagai instrumen penelitian. Pengumpulan datanya dilaksanakan sebelum serta sesudah pemutaran *video* edukasi gizi. Analisis statistik univariat serta bivariat dilaksanakan terhadap datanya yang terkumpul. Pengujian *Kolmogorov-Smirnov* dipakai dalam menguji normalitas, sementara pengujian *Paired Samples t-Test* dipergunakan dalam analisis bivariat. Sesudah intervensi, skor pengetahuan peserta meningkat dari 9,86 (dengan standar deviasi 2,480) menjadi 14,05 (dengan standar deviasi 3,054), ataupun kenaikan rerata senilai 4,19 poin. Nilai *t* senilai -18,546, *df* 64, serta nilai *p* kurang daripada 0,001, merujuk temuan *Paired Samples t-Test*. Temuan memperlihatkan peningkatan pemahaman yang signifikan setelah mengikuti program edukasi gizi berbasis *video*. Pemahaman remaja putri SMK Negeri 2 Pekanbaru mengenai anemia meningkat berkat bimbingan gizi berbasis *video*.

Kata Kunci : Anemia, Edukasi Gizi, Media *Video*, Pengetahuan, Remaja Putri
Daftar Bacaan : 30 referensi (2018–2026).

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Research, July 7, 2026

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***The Effect Of Nutrition Education Through Video Media On Knowledge About
Anemia Among Adolescent Girls At SMK Negeri 2 Pekanbaru***

XIII + 85 Pages + 7 Tables + 2 Schemes + 11 Appendices

ABSTRACT

Among teenage girls, anemia remains a common health problem. Teenagers may have difficulty recognizing the symptoms, causes, effects, and ways to prevent anemia due to a lack of understanding of the condition. Teenage girls can benefit from nutritional education videos in various ways. This study aimed to describe the mean knowledge scores of adolescent girls before and after nutrition education using video media and to determine the difference in knowledge scores before and after the intervention at SMK Negeri 2 Pekanbaru. Using a one-group pretest-posttest design and a quasi-experimental approach, this study employed quantitative methods. A total of sixty-five female adolescents from SMK Negeri 2 Pekanbaru participated in the study, which was conducted on July 7, 2026. A knowledge-based questionnaire on anemia was used as the research instrument. Data collection was conducted before and after the screening of a nutrition education video. Univariate and bivariate statistical analyses were performed on the collected data. The Kolmogorov-Smirnov test was used to assess normality, while the Paired Samples t-test was used in the bivariate analysis. Following the intervention, participants' knowledge scores increased from 9.86 (with a standard deviation of 2.480) to 14.05 (with a standard deviation of 3.054), representing an average increase of 4.19 points. A t-value of -18.546, df 64, and a p-value less than 0.001 were obtained from the Paired Samples t-Test. The findings indicate a significant improvement in understanding after participating in the video-based nutrition education program. The understanding of anemia among female students at SMK Negeri 2 Pekanbaru improved thanks to the video-based nutrition guidance.

Keywords : Anemia, Adolescent Girls, Knowledge, Nutrition Education, Video Media.

Reading List : 30 references (2018–2026).