

ABSTRAK

ANALISIS EDUKASI KESEHATAN DENGAN MEDIA BOOKLET DAN VIDEO TERHADAP SIKAP PENCEGAHAN ANEMIA PADA REMAJA DI MTS AR RAHMAN DESA SUMBER AGUNG KABUPATEN KOTAWARINGIN BARAT

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Latar Belakang: Anemia dapat menyebabkan kesulitan konsentrasi dan menurunnya prestasi akademik, daya tahan tubuh menurun serta aktivitas fisik menurun. Untuk mendukung pengetahuan dan sikap remaja, dibutuhkan media yang sesuai untuk mendukung pemahamannya seperti *booklet* dan video.

Metode Penelitian: Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *Quasi Eksperimental Design*. Dengan tehnik *Proportioned Stratified Random Sampling* didapatkan sampel sebanyak 24 responden, variabel independen *booklet* dan video menggunakan observasi dan variabel dependen sikap pencegahan anemia dengan kuesioner. Digunakan uji statistik *Unvariat* dan *Bivariat* menggunakan *paired sample t-test* untuk mengetahui hubungan kedua variabel.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa: (1) Karakteristik responden menunjukkan bahwa hampir seluruh siswi berumur 14 tahun. (2) Adanya Peningkatan sikap rerata pengetahuan tentang pencegahan anemia pada remaja putri sesudah diberikan edukasi kesehatan dengan media video dan booklet. (3) Media video dan booklet berpengaruh secara signifikan dengan nilai $p < 0,000$ yang artinya media video dan *booklet* berpengaruh terhadap sikap pencegahan anemia pada remaja putri.

Kesimpulan: media pembelajaran dapat dipahami sebagai segala sesuatu yang dapat menyampaikan dan menyalurkan pesan dari sumber secara terencana sehingga tercipta lingkungan belajar yang kondusif dimana penerimanya dapat melakukan proses belajar secara efisien dan efektif serta alat yang dapat membantu proses belajar mengajar yang berfungsi memperjelas makna pesan yang disampaikan sehingga tujuan proses belajar mengajar dapat tercapai dengan sempurna.

Kata Kunci: Anemia, *Booklet*, Video

ABSTRACT

ANALYSIS OF HEALTH EDUCATION WITH BOOKLET AND VIDEO MEDIA ON ATTITUDE TOWARDS ANEMIA PREVENTION IN ADOLESCENTS AT MTS AR RAHMAN, SUMBER AGUNG VILLAGE KOTAWARINGIN BARAT REGENCY

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Introduction: Anemia can cause difficulty concentrating and decreased academic achievement, decreased endurance and decreased physical activity. To support adolescent knowledge and attitudes, appropriate media are needed to support their understanding such as booklets and videos.

Method: This study uses a quantitative research design with a Quasi Experimental Design approach. With the Proportioned Stratified Random Sampling technique, a sample of 24 respondents was obtained, the independent variables of booklets and videos used observation and the dependent variable of anemia prevention attitudes with questionnaires. Univariate and Bivariate statistical tests were used using paired sample t-tests to determine the relationship between the two variables.

Result and Discussion: The results of the study showed that: (1) The characteristics of respondents showed that almost all female students were 14 years old. (2) There was an increase in the average attitude of knowledge about anemia prevention in adolescent girls after being given health education with video and booklet media. (3) Video and booklet media had a significant effect with a p value of 0.000, which means that video and booklet media had an effect on anemia prevention attitudes in adolescent girls.

Conclusion: learning media can be understood as anything that can convey and channel messages from the source in a planned manner so that a conducive learning environment is created where the recipient can carry out the learning process efficiently and effectively and tools that can help the teaching and learning process that function to clarify the meaning of the message conveyed so that the objectives of the teaching and learning process can be achieved perfectly.

Keywords: Anemia, Booklet, Video