

Health Counseling About Anemia With Educational Videos for Adolescent Women at 2nd Junior High School Sewon Bantul

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ABSTRACT

Adolescent girls are one of the groups that are prone to anemia due to menstruation so they need nutritional intake in the form of iron to produce hemoglobin in the body to replace menstrual blood lost every month. Adolescent girls have a ten times higher risk of experiencing anemia compared to adolescent boys. The reason is because adolescent girls menstruate every month and are growing, so they need a greater intake of iron. Daily eating habits are greatly influenced by knowledge, and one of the factors that influences adolescent eating habits is the level of knowledge. The aim of this education for adolescents is to increase knowledge and skills in maintaining adolescent health. The activity was carried out on July 19th, 2024. The target of this activity was students in grades eight with a total of 30 participants. The activity was carried out using a counseling method through educational videos. In community service using the counseling method with educational video media, it shows the results of the benefits in providing education and instructions on anemia to young women. The results show that teenagers gain an understanding of anemia, showing how important it is to provide information about anemia to teenagers. the health education method with video media is more effective in influencing someone's understanding, especially in adolescents, of anemia.

ARTICLE INFO

Article History:

Submitted/Received 5 Sep 2024

First Revised 8 Oct 2024

Accepted 9 Oct 2024

First Available online 21 Oct 2024

Publication Date 21 Oct 2024

Keyword :

Anemia

Teenage girls

Educational videos

Iron tablets

INTRODUCTION

Anemia is a major health problem that occurs in society and is often found throughout the world, especially in developing countries such as Indonesia. This disorder causes chronic disability which has a major impact on health, economic, and social welfare conditions. Anemia is more common in adolescent girls than in adolescent boys. This happens because adolescent girls lose iron (Fe) during menstruation so they need more iron (Fe) intake. The behavior of adolescent girls who consume more plant foods results in iron intake not being sufficient for daily iron needs (Budiarti et al., 2021).

The World Health Organization (WHO) in its 2021 world health statistics shows that the prevalence of anemia in women of reproductive age (15-49) in the world in 2019 was around 29.9% and the prevalence of anemia in non-pregnant women aged 15-49 years was 29.6%, which includes the adolescent age category. Anemia is a condition where the Hemoglobin (Hb) level in the blood is lower than the normal level for a group of people based on age and gender, in adolescent women the normal Hb level is 12-15 gr/dl and in adolescent men it is 13-17 gr/dl. One of the factors that causes low hemoglobin levels in the blood is lack of nutritional intake (Aulya et al., 2022).

Adolescence is a period of transition from childhood to adulthood which is marked by changes in physical appearance and physiological function. The characteristics of adolescence are marked by physical organs, development of thinking, and adolescence as a bridge between asexual and sexual children that cannot be separated from the reproductive system (Cahyani et al., 2021). Adolescent girls are one of the groups that are prone to anemia due to menstruation so they need nutritional intake in the form of iron to produce hemoglobin in the body to replace menstrual blood lost every month. Anemia is a condition where the mass of hemoglobin (Hb) and/or circulating erythrocyte mass cannot function properly to provide oxygen to the body, so if anemia in adolescents or prospective mothers is not treated properly it can result in stunting in future child births (Alfiah et al., 2022).

Adolescent girls have a ten times higher risk of experiencing anemia compared to adolescent boys. The reason is because adolescent girls menstruate every month and are growing, so they need a greater intake of iron. Daily eating habits are greatly influenced by knowledge, and one of the factors that influences adolescent eating habits is the level of knowledge (Ilmiyani et al., 2024). Low iron intake in adolescent girls can be caused by low knowledge of foods rich in iron and the role of iron for adolescent girls. The level of nutritional knowledge of adolescent girls influences attitudes and behavior in choosing food, which determines whether or not adolescent girls understand the benefits of the nutritional content of the food they consume. Poor eating attitudes and behaviors will result in low iron intake for adolescent girls which can cause anemia which has an impact on growth and development in adolescent girls (Ilmiyani et al., 2024).

One of the main signs of anemia is paleness. This condition is generally caused by a lack of blood volume, reduced hemoglobin, and vasoconstriction in the blood vessels to maximize oxygen delivery. Other symptoms of anemia also include weakness, fatigue, lethargy, headaches, dizziness, and blurred vision. In severe anemia, lethargy, confusion, and complications such as heart failure, arrhythmia, myocardial infarction, and angina can occur (Kusnadi, 2021). The highest prevalences of anemia among adolescents, if not handled properly, will continue into adulthood and will contribute greatly to maternal mortality, premature babies and babies with low birth weight. One of the policies implemented by the government to reduce the prevalence of anemia in adolescent girls is iron and folic acid supplementation through the provision of iron tablets. The provision of iron tablets to adolescent girls is included in the government program, namely the Anemia Prevention and Management Program for Adolescent Girls and Women of Childbearing Age, one of the specific objectives of which is to increase compliance in consuming iron tablets in adolescent girls, so that it can reduce the prevalence of anemia in adolescent girls (Aulya et al., 2022).

The right health promotion program strategy to prevent anemia in adolescents is very important because adolescents have special characteristics. Health promotion strategies that are believed to be effective for adolescents are if the program or activity is in favor of adolescents, not aimed at adolescents, carried out simultaneously at the government, community, and local levels, focused on increasing self-esteem and empowerment of adolescents as a whole, not on specific health problems, health workers act as advocates on behalf of adolescents and as providers of the most relevant and up-to-date evidence-based information for adolescents and use methods and language that are considered appropriate by adolescents (Fatimatasari et al., 2024).

Education for adolescents is expected to improve knowledge and skills in maintaining adolescent health. Some ways to make adolescents better understand their health are by getting health information or education, such as counseling on reproductive health, adolescent counseling, or gathering with peers. This counseling is carried out in schools, adolescent health posts, youth organizations, and other social groups in the community (Lia Dian Ayuningrum, 2024).

METHOD

This community service activity was carried out at 2nd Junior High School Sewon Bantul. The activity was carried out on July 19th, 2024. The target of this activity was students in grades eight with a total of 30 participants. The activity was carried out using a counseling method through educational videos. The stages carried out in this activity include.

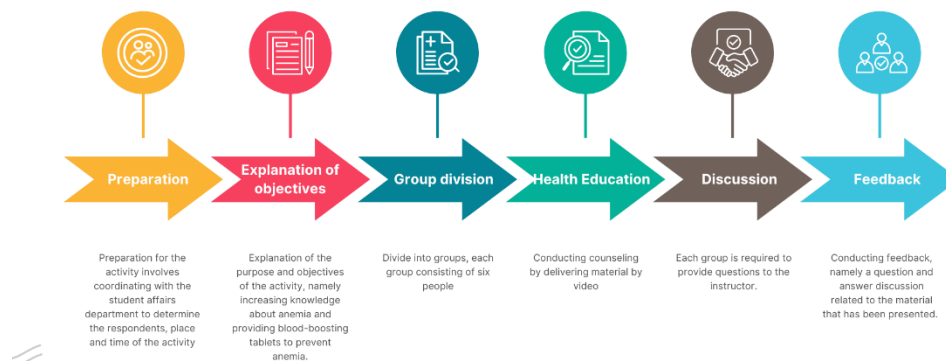


FIGURE 1. Activity chart

1. Preparation for the activity involves coordinating with the student affairs department to determine the respondents, place and time of the activity.
2. Explanation of the purpose and objectives of the activity, namely increasing knowledge about anemia and providing blood-boosting tablets to prevent anemia.
3. Divide into groups, each group consisting of six people.
4. Conducting health education by delivering material by video
5. Each group is required to provide questions to the instructor.
6. Conducting feedback, namely a question and answer discussion related to the material that has been presented.

RESULTS AND DISCUSSION

This health education activity began with an opening and introduction of dividing participants into small groups with each group consisting of 6 participants. Then the provision of material through video media regarding the definition of anemia, signs of anemia, causes of anemia, causes

of anemia, impacts of anemia and how to take blood-boosting tablets with a time of 20 minutes. After being given the material, each group was given time to discuss determining questions that were in accordance with the experience of the members, especially about anemia in adolescents.



FIGURE 1. Health Counseling with Video Media

Effective health education about anemia in adolescent girls, both visually and audio-visually, can improve adolescent knowledge. Knowledge is the result of sensing, which occurs through the five human senses, namely smell, taste, hearing, sight, and touch. Some other knowledge is also obtained through capture from the eyes and ears. A very important component of the form of individual action (overt behavior) is cognitive knowledge. His behavior is based on the knowledge of the individual himself (Suryana, 2024). In community service using the counseling method with educational video media, it shows the results of the benefits in providing education and instructions on anemia to young women. The results show that teenagers gain an understanding of anemia, showing how important it is to provide information about anemia to teenagers.



FIGURE 2. Movement of drinking Fe tablets together

The effectiveness of health education can be improved by utilizing media-based methods. Media has the ability to represent or complement information that cannot be communicated by its source, either in the form of certain words or entire phrases. There are many forms of health education media, one example of which is video media. The use of video media as a learning tool includes cognitive engagement, interactive learning, and a structured approach that encourages meaningful discussion, thus facilitating long-term impacts on students. This pedagogical approach is in line with the tendency of today's adolescents towards video consumption (Salsabilla et al., 2024) .



FIGURE 3. Educational Video Media for Anemia

This is supported by previous research which explains that the lecture learning method only focuses learning activities on the teacher, while students only sit listening and receiving information. Because there is no memory strengthening process in making monotonous and linear notes, the way of receiving information will be less effective. This causes participants to experience a fairly boring learning environment. So that it results in participants having low knowledge and learning outcomes (Inayatul, 2019)

Health education is an effort to increase knowledge and change public health to be better than the current state. The higher a person's level of education, the easier it is to obtain relevant information or knowledge. The more experience a person has with something, the more knowledge they have about it. Individual knowledge is greatly influenced by the information they receive. If a person has a lot of information, they will understand and comprehend something better (Cahyono, 2019)

Audio Visual Media has two components, each of which has very significant strengths. This media improves vision and hearing so that the results are more optimal. These results are based on the fact that the eyes are the five senses that transmit the most knowledge to the brain (75%–87%), while around 13%–15% is transmitted through other senses. Video is also referred to as an effective and interesting tool that makes information easier to understand. Conventional media is currently considered ineffective in improving health knowledge, attitudes, and behavior. Health education media that use sophisticated technology, such as animated videos with unique characters, are preferred by Generation 4.0. (Ambar Widyawati et al., 2022; Mayang Dwi Saputri, 2022).

The health education conducted for these teenagers showed good results, had a positive impact on the participants and increased their knowledge, especially about anemia and the importance of taking iron tablets.

CONCLUSION

The results of community service activities that have been carried out can be concluded that the health education method with video media is more effective in influencing someone's understanding, especially in adolescents, of anemia. Health education for adolescents is carried out as a promotive effort in increasing adolescent knowledge and attitudes to realize healthy adolescents in preparing for the preconception period.

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