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**PENGARUH PENDIDIKAN KESEHATAN MELALUI MEDIA VIDEO  
TERHADAP PENGETAHUAN TENTANG TABLET TAMBAH DARAH  
PADA REMAJA PUTRI DI MTS AT-THOSARI UNGARAN TIMUR**

**ABSTRAK**

**Latar Belakang:** Anemia sering diderita wanita usia subur yang disebabkan siklus menstruasi setiap bulannya dan pola makan yang tidak seimbang. Peningkatan terjadinya anemia pada remaja disebabkan oleh kurangnya edukasi/ pendidikan kesehatan tentang asupan gizi seimbang. Tujuan penelitian untuk mengetahui pengaruh pendidikan kesehatan melalui media video terhadap pengetahuan tentang tablet tambah darah pada remaja putri di MTs At-Thosari.

**Metode:** Desain analitik pendekatan pre-experimental rancangan one group pretest posttest. Pengumpulan data dengan pretest dahulu lalu dilakukan pendidikan kesehatan melalui media video bersumber dari Direktorat Promkes dan PM Kemenkes RI kemudian setelah tiga hari dibagikan posttest. Responden sebanyak 47 remaja putri di MTs At-Thosari. Teknik pengambilan sampel dengan total sampling. Analisis dilakukan dengan uji Wilcoxon.

**Hasil:** Hasil penelitian menunjukkan rata-rata responden berumur 13,89 tahun, paling banyak umur 13 tahun yaitu 31,9% (15 responden). Pengetahuan responden sesudah diberi penkes mengalami peningkatan pada kategori tinggi dari 10,6% (5 responden) menjadi 70,2% (33 responden). Kategori sedang 78,7% (37 responden) menjadi 29,8% (14 responden). Kategori pengetahuan rendah 10,6% (5 responden) menjadi tidak ditemukan responden pengetahuan rendah. Hasil uji Wilcoxon didapatkan 6 responden dengan pengetahuan lebih rendah sesudah dilakukan penkes, 2 responden pengetahuan tetap dan 39 responden pengetahuan lebih tinggi sesudah penkes. Hasil pada  $\alpha=0,05$  didapatkan nilai  $p=0,000$  sehingga disimpulkan ada perbedaan pengetahuan sebelum dan sesudah dilakukan penkes melalui media video terhadap pengetahuan tentang tablet tambah darah.

**Simpulan:** Ada pengaruh pendidikan kesehatan melalui media video terhadap pengetahuan tentang tablet tambah darah pada remaja putri di MTs At-Thosari Ungaran Timur.

**Kata Kunci:** Pendidikan Kesehatan, Pengetahuan, Tablet tambah darah, Remaja, Video

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**INFLUENCE OF HEALTH EDUCATION THROUGH VIDEO MEDIA ON  
KNOWLEDGE ABOUT IRON TABLETS IN FEMALE ADOLESCENT  
AT MTS AT-THOSARI UNGARAN TIMUR**

**ABSTRACT**

**Background:** Anemia is mostly suffered by women of productive age due to the menstrual cycle of women every month and an unbalanced diet. The rise of anemia in adolescents is caused by a lack of education / health education about balanced nutritional intake. The purpose of the study was to determine influence of health education through video media on knowledge about iron tablets in female adolescent at MTS At-Thosari.

**Methods:** This research method uses an analytical design with a pre-experimental approach with a one group pretest and post test design. Data collection was carried out by distributing pretest statements first and then conducting health education through video media sourced from the Directorate of Promkes and PM Kemenkes RI then after three days a posttest was distributed. Respondents in this study were 47 female adolescent at MTS At-Thosari. Sampling technique with total sampling. The instrument in this study used a questionnaire. The analysis was carried out using the Wilcoxon test.

**Results:** The results showed that the average respondent was 13,89 years old and the most age was 13 years old, 31.9% (15 respondents). Respondents knowledge after being given health education increased in the high category from 10.6% (5 respondents) to 70.2% (33 respondents). As for medium and low knowledge categories, it decreased. In moderate category, 78.7% (37 respondents) to 29.8% (14 respondents). In the low knowledge category, 10.6% (5 respondents) became no respondents with low knowledge. Wilcoxon test results obtained 6 respondents with lower knowledge after health care, 2 respondents with fixed knowledge and 39 respondents with higher knowledge after health care. The results at  $\alpha=0.05$  obtained a value of  $p=0.000$  so it was concluded that there was a difference in knowledge before and after the health education through video media on knowledge about iron tablets in female adolescent.

**Conclusion:** There is an influence of health educational through video media on knowledge about iron tablets in female adolescent at MTs At-Thosari Ungaran Timur.

**Keywords:** Health Education, Knowledge, Iron tablets, Adolescents, Video