Description of Knowledge and Attitude Adolescent Before and After Health Promotion Intervention about Anemia

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I. INTRODUCTION

Anemia is a health problem in Indonesia that has not been fully solved. The prevalence of anemia in adolescent (girls) in Indonesia is still high at 22.7%. Anemia that is not handled properly, especially in adolescent can have long-term impact for themselves and their children someday. One effort to solve that problem is health promotion to improve knowledge and attitude toward adolescent in preventing anemia in adolescents. The purpose of this study was to determine knowledge and attitude of adolescents before and after health promotion intervention about anemia.

Methods: The research method used descriptive study. Total sample used in this study were 30 respondents from Santriwati grade XI in MAN Rejoso, Peterongan, Jombang, East Java, Indonesia. Sampling method with Total Sampling method. Data collection used primary data with questioner kits distributed before and after health promotion.

Results: The result of this research stated that most of them were 62.5% responder have medium knowledge before health promotion intervention and 87.5% responder with good knowledge after health promotion intervention. Most respondents attitude were 59.4% with a positive attitude before health promotion intervention and 81.25% of respondents with a positive attitude after getting health promotion.

The results of this study indicate that there was an increase in knowledge and positive attitude changes in adolescents after health promotion intervention about anemia, so it is advisable to increase health promotion activities through school education, health center, family and community programs.
The effects of anemia can not be immediately apparent, but can last in a long time and affect the lives of adolescents. One effort to solve that problem is health promotion to improve knowledge and attitude toward adolescent in preventing anemia in adolescents. The purpose of this study was to determine knowledge and attitude of adolescents before and after health promotion intervention about anemia.

Based on research results suggest that there was an effect between knowledge, attitudes and behavior of adolescents with anemia in adolescents. Knowledge of benefits to prevent anemia, will inspired people to have a positive attitude toward prevention of anemia, so that will change behavior towards consumption of healthy and nutritious food (Caturiyatininingtiyas T, 2015).

In line with government programs, which is youth health care program (PKPR) to serve youth health. The types of activities include providing information and education, counseling, healthy life skills education, medical clinical services, peer counselor training. One of that youth health care program is anemia (IPPA, 2014).

II. METHOD

The research method used descriptive study, which describes knowledge and attitudes of adolescents before and after health promotion intervention. Total sample used in this study were 30 respondents from Santriwati grade XI in MAN Rejoso, Peterongan, Jombang, East Java, Indonesia. Sampling method with Total Sampling method. This study was conducted in January-June 2018.

Data collection technique in this research used primary data with questioner kits distributed before and after health promotion. The collected data was processed with percentage and presented in the form of a diagram.

III. RESULT

a. Knowledge of adolescents before health promotion intervention about anemia.

Diagram 1. Knowledge of adolescents before health promotion intervention about anemia.

Based on the diagram 1 obtained data of adolescent’s knowledge before health promotion intervention about anemia mostly with medium knowledge that was equal to 62.5% and good knowledge equal to 37.5%.
b. Knowledge of adolescents before health promotion intervention about anemia.

**Diagram 2. Knowledge of adolescents before health promotion intervention about anemia.**

Based on diagram 2 obtained data of adolescent’s knowledge after health promotion intervention mostly with good knowledge of 87.5% and medium knowledge of 12.5%.

c. Attitude of adolescents before health promotion intervention about anemia

**Diagram 3. Attitude of adolescents before health promotion intervention about anemia.**

Based on the diagram 3 obtained data of adolescent’s attitude before health promotion intervention about anemia with positive attitude equal to 59.4% and negative attitude equal to 40.6%.

d. Attitude of adolescents after health promotion intervention about anemia
Diagram 4. Attitude of adolescents after health promotion intervention about anemia.

Based on the diagram 4 obtained data of adolescent’s attitude after health promotion intervention about anemia mostly with positive attitude equal to 81.25 % and negative attitude 18.75 %.

IV. DISCUSSION

From the research result conducted by distributing questionnaires to second grade students of MAN Rejoso Jombang, before and after health promotion intervention about anemia showed increase of adolescent knowledge which previously mostly 62.5%, with medium knowledge to be increased to be mostly with good knowledge amounted to 87.5%.

Factors that affect knowledge one of them is information or health promotion. The health promotion affects the improvement of one's knowledge. One of the health promotion activities is the provision of information or health messages to provide or increase knowledge and attitudes about health in order to facilitate the occurrence of healthy behavior (Zayanti, 2017).

One strategy to obtain behavior with the provision of information to improve knowledge so that raises awareness behavior (Notoatmojo, 2010). Knowledge of adolescents about anemia will affect the pattern of food consumption. Adolescent behavior associated with dietary habits that result in nutritional status (Agustina, 2017). Knowledge is the result of knowing from humans which consists of a number of factors and theories that enable a person to be able solve the problems it faces (Notoatmojo, 2010). There is a need for a comprehensive effort through high school to catch young women in feros tablet supplementation program. Besides, it is necessary for the extension of anemia and balanced nutrition (Sudikno, 2016).

From the results research can be known that the attitude of adolescents before health promotion intervention with a positive attitude of 59.4% and increased to 81.25 % with a positive attitude after health promotion intervention.Good knowledge will encourage a person to display an attitude appropriate to the knowledge. Based on existing theory suggests that knowledge can affect one's attitude, with good knowledge will be realized a good attitude as well, vice versa (Caturiyantiningtiyas, 2015).

Increased knowledge and changes in attitude of respondents show that health promotion can improve knowledge and attitude to be better. Health promotion provides information that is able to increase the development of one's health because the information is able to increase the knowledge and attitude of the respondent (Meidayati, 2017).
V. CONCLUSION

Knowledge of adolescents before health promotion intervention about anemia, most of knowledge enough equal to 62.5% and after health promotion intervention to be good 87.5%. Adolescent attitude before health promotion intervention of anemia with a positive attitude 59.4% and increased to 81.25 % with a positive attitude after intervention.

VI. REFERENCES


