

ABSTRAK

PENGARUH *MULTIFACETED INTERVENTION* TERHADAP PENGETAHUAN, SIKAP, ASUPAN ZAT BESI, KADAR HEMOGLOBIN (Hb) PADA REMAJA PUTRI PENDERITA ANEMIA RINGAN SEDANG DI SMKN TANJUNG SARI KABUPATEN LAMPUNG SELATAN

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Anemia merupakan salah satu permasalahan kesehatan resiko tinggi pada remaja putri. Prevalensi anemia remaja putri di Provinsi Lampung berdasarkan penelitian yang sudah dilakukan masih cukup tinggi. Salah satu untuk mengurangi resiko anemia pada remaja putri perlu adanya perbaikan perilaku asupan zat gizi khususnya asupan zat besi, peningkatan pengetahuan serta sikap tentang anemia dan gizi sehingga perlu pengembangan inovatif berupa *multifaceted intervention*. Penelitian ini dilakukan untuk menganalisis pengaruh *multifaceted intervention* terhadap pengetahuan, sikap, asupan zat besi serta kadar hemoglobin pada remaja putri anemia ringan dan sedang di SMKN Tanjung Sari Kabupaten Lampung Selatan. Jenis penelitian yang digunakan adalah *quasy experimental* dengan rancangan *one group pretest and posttest design*. Penelitian ini dilaksanakan pada bulan Februari sampai Mei 2022 dengan sampel remaja putri anemia ringan dan sedang di SMKN Tanjung Sari yang berjumlah 41 diambil dengan teknik *consecutive sampling*. Uji analisis yang digunakan uji t berpasangan pada taraf nyata signifikan $p < 0,05$. Penelitian ini menunjukkan pengaruh *multifaceted intervention* terhadap pengetahuan, sikap, asupan zat besi serta kadar hemoglobin sebelum dan sesudah intervensi dengan nilai $p < 0,001$. Berdasarkan hasil uji statistik *multifaceted intervention* berpengaruh nyata terhadap pengetahuan, sikap, asupan zat besi serta kadar hemoglobin remaja putri anemia ringan dan sedang di SMKN Tanjung Sari. Penanganan anemia remaja putri perlu melibatkan puskesmas, sekolah, guru ataupun teman sebaya yang sudah terlatih di pendidikan gizi agar dapat merubah perilaku remaja putri tersebut.

Kata Kunci: Asupan zat besi, kadar hemoglobin, *multifaceted intervention*, pengetahuan, remaja putri anemia ringan dan sedang, sikap

ABSTRACT

EFFECT OF MULTIFACETED INTERVENTION ON KNOWLEDGE, ATTITUDE, IRON INTAKE, HEMOGLOBIN (HB) LEVELS IN ADOLESCENT WOMEN WITH MILD TO MODERATE ANEMIA AT SMKN TANJUNG SARI OF SOUTH LAMPUNG REGENCY

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Anemia is one of the high-risk health problems in adolescent women. The prevalence of anemia on adolescent women in Lampung Province based on research that has been done is still quite high. One of the ways to reduce the risk of anemia in adolescent women is to improve the behavior of nutrient intake especially iron intake, to increase knowledge and attitudes about anemia and nutrition so that innovative developments in the form of multifaceted intervention are needed. This study was conducted to analyze the effect of multifaceted intervention on knowledge, attitudes, iron intake and hemoglobin levels in adolescent women with mild and moderate anemia at SMKN Tanjung Sari, South Lampung Regency. The type of research used is quasi experimental with one group pretest and posttest design. This research was conducted from February to May 2022 with a sample of 41 adolescent women with mild and moderate anemia at SMKN Tanjung Sari taken using a consecutive sampling technique. The analytical test used paired t-test at a significant level of significance $p < 0.05$. This study shows the effect of multifaceted intervention on knowledge, attitudes, iron intake and hemoglobin levels before and after the intervention with p value < 0.001 . Based on the statistical test results, the multifaceted intervention significantly affected the knowledge, attitudes, iron intake and hemoglobin levels of adolescent women with mild and moderate anemia at SMKN Tanjung Sari. Handling adolescent women with anemia needs to involve health centers, schools, teachers or peers who have been trained in nutrition education so that they can change the behavior of these adolescent women.

Keywords: Iron intake, hemoglobin levels, multifaceted intervention, knowledge, adolescent women with mild and moderate anemia, attitude