

ABSTRAK

EFEKTIVITAS *PEER EDUCATOR* TERHADAP PENGETAHUAN, SIKAP DAN PERILAKU TERKAIT GIZI DAN PENCEGAHAN ANEMIA PADA REMAJA PUTRI DI PUSAT INFORMASI KONSELING REMAJA (PIK-R) RAYA UNIVERSITAS LAMPUNG : A *QUASI EXPERIMENTAL STUDY*

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Survei Kesehatan Indonesia 2023 mencatat prevalensi anemia usia 15–24 tahun sebesar 15,5%. Pencegahan anemia pada remaja meliputi edukasi gizi, suplementasi TTD, dan pendekatan sebaya melalui *peer educator*. Penelitian ini bertujuan menganalisis efektivitas *peer educator* terhadap pengetahuan, sikap, dan perilaku pencegahan anemia pada remaja putri di PIK-R Raya Universitas Lampung. Penelitian menggunakan desain *quasi-experimental* dengan rancangan *one group pretest–posttest*. Subjek penelitian berjumlah 78 remaja putri yang dipilih melalui teknik total sampling. Intervensi dilaksanakan pada November 2025 terdiri atas *workshop* edukasi gizi dan pencegahan anemia yang difasilitasi *peer educator* terlatih, pendampingan konsumsi TTD secara terjadwal, serta pemantauan penerapan prinsip Isi Piringku dalam pola makan harian responden. Pengumpulan data dilakukan sebelum dan sesudah intervensi menggunakan kuesioner terstandar yang telah diuji validitas dan reliabilitasnya. Variabel yang diukur meliputi pengetahuan, sikap, dan perilaku pencegahan anemia, dengan komponen perilaku meliputi perilaku sehat, kepatuhan konsumsi TTD, dan penerapan Isi Piringku. Analisis statistik dilakukan menggunakan *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan adanya peningkatan yang signifikan pada seluruh variabel setelah intervensi ($p < 0,001$). Median skor pengetahuan meningkat dari 30,0 (IQR 4,0; CI 95%) menjadi 33,0 (IQR 2,0; CI 95%), sikap meningkat dari 75,0 (IQR 5,0) menjadi 78,0 (IQR 2,0), dan perilaku sehat meningkat dari 32,0 (IQR 5,2) menjadi 38,0 (IQR 5,2). Selain itu, sebanyak 83,3% responden menunjukkan kepatuhan dalam konsumsi TTD dan 76,9% berada pada kategori baik-cukup dalam penerapan Isi Piringku. Temuan ini menunjukkan bahwa intervensi berbasis *peer educator* efektif dalam meningkatkan pengetahuan, sikap, dan perilaku pencegahan anemia pada remaja putri.

Kata kunci : anemia, peer educator, pengetahuan, perilaku, sikap

ABSTRACT

***EFFECTIVENESS OF PEER EDUCATORS ON KNOWLEDGE, ATTITUDES AND BEHAVIOR RELATED TO NUTRITION AND ANEMIA PREVENTION IN ADOLESCENT FEMALES AT THE YOUTH COUNSELING INFORMATION CENTER (PIK-R) RAYA, UNIVERSITY OF LAMPUNG :
A QUASI EXPERIMENTAL STUDY***

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The 2023 Indonesian Health Survey recorded an anemia prevalence of 15.5% among adolescents aged 15–24. Anemia prevention in adolescents includes nutrition education, iron supplementation, and peer approaches through peer educators. This study aims to analyze the effectiveness of peer educators on knowledge, attitudes, and behaviors related to anemia prevention in adolescent girls at PIK-R Raya, University of Lampung. The study used a quasi-experimental design with a one-group pretest–posttest. The study subjects were 78 adolescent girls selected through a total sampling technique. The intervention was implemented in November 2025 and consisted of a nutrition education and anemia prevention workshop facilitated by trained peer educators, scheduled iron supplement consumption assistance, and monitoring the implementation of the Isi Piringku principle in the respondents' daily diet. Data collection was conducted before and after the intervention using a standardized questionnaire that had been tested for validity and reliability. The variables measured included knowledge, attitudes, and behaviors related to anemia prevention, with behavioral components including healthy behaviors, iron supplement consumption compliance, and implementation of Isi Piringku. Statistical analysis was performed using the Wilcoxon Signed Rank Test. The results showed a significant increase in all variables after the intervention ($p < 0.001$). The median knowledge score increased from 30.0 (IQR 4.0; 95% CI) to 33.0 (IQR 2.0; 95% CI), attitudes increased from 75.0 (IQR 5.0) to 78.0 (IQR 2.0), and healthy behaviors increased from 32.0 (IQR 5.2) to 38.0 (IQR 5.2). In addition, 83.3% of respondents showed compliance in consuming iron tablets and 76.9% were in the good-fair category in implementing Isi Piringku. These findings indicate that peer educator-based interventions are effective in improving knowledge, attitudes, and behaviors for anemia prevention in adolescent girls.

Keywords: anemia, attitudes, behavior, knowledge, peer educator