



ANEMIA PREVENTION EFFORTS THROUGH HEALTH EDUCATION FOR ADOLESCENT GIRLS

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ABSTRACT

Prevention and treatment of anemia in adolescent girls must be carried out through a comprehensive approach. Health education about anemia in adolescent girls must be accompanied by special education for adolescent girls about the importance of an active lifestyle and a healthy diet. The results of community service activities regarding anemia prevention efforts through health education for adolescent girls show that the number of counseling participants who have a good level of knowledge before the implementation of the counseling activity about anemia is 5 people to 15 participants. The level of knowledge is poor before the implementation of the counseling activity is 7 people to no participants who have a low level of knowledge. The number of participants with a good level of knowledge about iron supplements before the counseling activity is 4 participants and after the counseling activity the number of participants with a good level of knowledge is 14 people. The number of participants with a low level of knowledge before the counseling activity is 9 people and after the counseling activity there are no participants who have a low level of knowledge. The results of the Hb check show that none of the participants suffer from anemia, the average Hb level obtained is normal at 12 mg / dl. Overall, this activity has a positive impact in increasing awareness among young women in increasing their knowledge about anemia and iron tablets.

Keywords: Anemia, Girls, Iron Supplements, Knowledge, Teenagers

INTRODUCTION

Prevention and treatment of anemia in adolescents daughter must done through approach comprehensive . Collaboration between various party will strengthen implementation of health programs aimed at for reduce amount cases of anemia in adolescents specifically teenager daughter. Health education about anemia in adolescents daughter must accompanied by with education special to teenager daughter about importance style life active and pattern Eat healthy. A phenomenon that occurs a lot happen moment This is teenager daughter Lots doing the wrong diet to guard ideal body weight. Consumption food that is not fulfil standard need nutrition cause occurrence improvement number the incidence of anemia in adolescents daughter. Management of anemia in the population this is very important Because can prevent various problem health that can happen consequence lack substance iron. Correct understanding and correct behavior related with importance absorption substance iron can help teenager daughter maintain health physique them and improve quality life. Proper care and pattern balanced diet can reduce risk affected by anemia and increase quality life teenager daughter in a way overall. Have awareness will importance substance iron in body, it is expected teenager daughter can more proactive in guard health them and prevent anemia.

The incidence of anemia in adolescents, especially young women, tends to be high in developing countries (Laili, 2024). Indonesia has a nutritional problem incidence of iron deficiency anemia of 3.2% in young women aged 15-24 years in 2024. Young women who experience nutritional problems such as

iron deficiency anemia will cause the risk of giving birth to babies with stunting. As many as 28% of young women in East Java suffer from anemia, this is due to their unhealthy diet patterns such as consuming spicy noodles with snacks that contain no nutrients. In 2023, cases of anemia in young women in Sidoarjo tended to be high, reaching 15.6% or 12,061 people. This can be seen as one of the factors hindering the achievement of the Indonesian Nutrition Status Survey (SSGI) in Sidoarjo Regency (Bhirawa, 2024). Many young women prefer to eat unhealthy or unsafe foods that affect their health. Most of them tend not to eat if the menu actually contains good nutrition (Anwar, 2024).

Efforts to address anemia in adolescent girls include health education on anemia, iron supplementation, exercise, and a nutritious breakfast. Some issues that arise in this program include the reluctance of many adolescent girls to take iron supplements. This is due to misconceptions about iron supplements that need to be addressed. This is because long-term consumption of iron supplements can negatively impact human organs. (Ministry of Health of the Republic of Indonesia, 2023)

Activity devotion to public This is downstreaming from research conducted by the chairman the team entitled *The Effect of Health Education on Adolescent Knowledge About Anemia*. Activity This want to finish problems that exist with partners, in frame support effort eradication of anemia in adolescents daughter for increase achievements detection early anemia in the village Tension Overcome Sidoarjo, via approach empowerment integrated health post teenager namely with weave cooperation with integrated health

post teenager village Tension Overcome Sidoarjo which provides service health for teenagers in the village Tension Overcome Sidoarjo. Activities This aim for do counseling for members integrated health post teenager about anemia and iron supplements blood for increase achievements detection early anemia in the village Tension Overcome Sidoarjo. Problems priorities faced by partners: 1) not yet There is activity counseling about anemia in adolescents and additional tablets blood, 2) activities detection early anemia with Hb measurement routine Not yet Once carried out by cadres integrated health post teenager.

Integrated Health Post is a service program health - based a community focused on development source Power man since early. Therefore that, activity Integrated Health Post need empowerment community. Integrated Health Post can used for prevent and ward off problem health, such as nutrition, health mother and child, pattern life clean, and immunization. Improvement economy family is one of the service social main integrated health post, which includes formation save borrow special for group women, cooperatives, training and skills for increase economy family (Dwi Faqihatus Haq, 2021)

Integrated Health Post teenager village tension overcome Sidoarjo under coaching Community Health Center Overcome Sidoarjo. Integrated Health Post teenager this founded in 2023 and has 10 cadres posyandu. Characteristics part big cadres and members integrated health post teenager originate from teenagers who live in the village local. Based on on-site monitoring, activities done in a way routine every month covering weighing weight, measurement height, measurement

circumference arm above, measurement circumference stomach and measurements pressure blood. Equipment owned by the integrated health post teenager village Tension Overcome Sidoarjo including: tensiometer, stethoscope, scales weight, measuring height, measuring tape circumference arm top and measuring tape circumference stomach. Partner not yet own Hb meter tool. Activities anemia detection and additional tablets blood in adolescents daughter member integrated health post teenager village Tension Overcome Sidoarjo not yet once done.

Implementation activity Devotion To this Community For fulfil objective development sustainable that is good health and well- being as well as education quality . Meets IKU 2 (students) get experience outside campus), IKU 3 (lecturer doing activities outside campus), and IKU 4 (results Work lecturer used by the community). Apart from That For support Asta the 4th goal is strengthen development source human resources, science, technology, education, health, achievements sports , gender equality , and strengthening role women, youth and people with disabilities disability.

OBJECTIVES

General Purpose

Increasing the Knowledge of Young Women about Anemia and Iron Tablets and Early Detection of Anemia in Young Women.

Special Purpose

- 1) Improving adolescent girls' knowledge about anemia
- 2) Increasing knowledge of young women about iron supplements
- 3) Conducting early detection of anemia in adolescent girls

PLAN OF ACTION

Strategy Plan

The strategic plans implemented in this community service activity include:

1. Conduct a situation analysis based on initial case studies from secondary data and interviews with partners.
2. Conducting the preparation of activity proposals
3. Coordinating with the LPPM Poltekkes Kerta Cendekia
4. Permission to partners in this case was given to the head of the Youth Posyandu in Ketegan Tamgulangin Village, Sidoarjo.
5. Coordinate with the activity implementation team
6. Prepare tools and materials

Implementation

Activity devotion to public with theme effort prevention of anemia through education health in adolescents daughter implemented after get licensing from party Polytechnic of Health Paper Cemdekia and parties Integrated Health Post Teenager Village Tension Overcome Sidoarjo. Implementation activity devotion to public covering activity:

1. Committee preparation and participant attendance
2. Completion of questionnaires by activity participants
3. Carrying out Hb check activities
4. Conducting health education about anemia and iron tablets
5. Feedback from extension participants
6. Completion of questionnaires by activity participants
7. Closing

Settings

This activity was carried out at the Youth Posyandu, Ketegan Village, Tanggulangin, Sidoarjo on June 28, 2025, at 07.00-10.40 WIB.

Target

There are 18 young women who are members of the youth health post in Ketegan Village, Tanggulangin, Sidoarjo.

RESULTS AND DISCUSSION

Activity results devotion to public about effort prevention of anemia through education health to teenager daughter show existence improvement knowledge and understanding teenager daughter about definition, causes, signs and symptoms, classification, impacts and efforts anemia prevention. Participants counseling is also capable explain about importance increased tablet consumption blood, around myth about the added tablet blood, role intake nutritious balanced, role sour folate, the role of vitamin C and habits life Healthy as effort prevention of anemia in adolescents daughter. Besides that participants also showed high enthusiasm for follow activity proven with No there is none of them participant counseling that leaves the activity program until with activity finished, active in discussion and questions answer. Participants counseling can also be explain return with Language they alone at the moment given questions by the team implementer. Based on results evaluation obtained that there is improvement score level knowledge participant counseling known through results questionnaire distributed by the team implementer before activity counseling and after activity counseling. The following This results activity devotion to public:

Table 1. Level of Knowledge Young Women on Anemia

Level of Knowledge	Pre		Post	
	f	%	f	%
Good	5	28	15	83
Enough	6	33	3	17
Not enough	7	39	0	0
Amount	18	100	18	100

Table 1 shows existence improvement amount participant counseling that has level knowledge Good before implementation activity counseling about anemia as many as 5 people to 15 participants. The level of knowledge not enough before implementation activity counseling as many as 7 people became No There is participants who have level knowledge not enough.

Table 2. Level of Knowledge Teenage Girls on Iron Tablets

Level of Knowledge	Pre		Post	
	f	%	f	%
Good	4	22	14	78
Enough	5	28	4	22
Not enough	9	50	0	0
Amount	18	100	18	100

Table 2 shows the number of participants with a good level of knowledge about iron tablets before the counseling activity was 4 participants and after the counseling activity the number of participants who had a good level of knowledge was 14 people. The number of participants who had a poor level of knowledge before the counseling activity was 9 people and after the

counseling activity there were no participants who had a poor level of knowledge. The results of the Hb check showed that none of the participants suffered from anemia, the Hb level obtained was on average normal, namely 12 mg / dl.

Based on results implementation activity counseling show existence improvement knowledge participant about anemia and iron supplements blood after given material education. This is expected can form attitudes and behavior positive teenager daughter. However, still found a number of obstacles, such as habit No breakfast, consumption food fast serving that is still high, and assumption that the tablet is added blood cause effect the side that is not comfortable. This is show that education need done in a way sustainable and involving support from various parties. Activities this also shows that method education interactive, discussion and practice direct more effective in increase involvement participant compared to method lecture one direction. With Thus, the approach participatory is highly recommended for activity similar in the future. Results of activities devotion to public This in line with results research conducted by Musniati N and Fitria F (2024) shows difference significant average between score study pre-test and post-test or There is influence education nutrition to knowledge teenager daughter in prevention of anemia (p 0.000).

CONCLUSION

In a way overall, activities This give impact positive in increase awareness teenager daughter in increase knowledge teenager daughter about anemia and iron

supplements blood. Good knowledge can form positive attitudes and behavior.

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