

ABSTRACT

Title : **The Effect of Nutritional Education with the Media Explosion Box on Knowledge and Attitudes about Anemia to Teenage Girl in Senior High School 23 Jakarta Barat**
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Background: Data of anemia prevalence in Indonesia in 2013 showed there were 22.2% of adolescents (≥ 15 years old) affected by anemia. The underlying causes of anemia in teenage girl are a low knowledge and negative attitude towards anemia. Increased knowledge by using media is an efficient effort in preventing anemia. Explosion box as visual media can help teenage girl to understand all about anemia such as causes and prevention of anemia.

Objective: Knowing the effect of nutrition education with the media explosion box on the knowledge and attitude about anemia in teenage girl in Senior High School 23 Jakarta Barat.

Methods: This study use a pre-experimental design. The sampling technique used was the proportionate stratified random sampling technique with a sample of 36 people. Data analysis using Wilcoxon Match Pairs.

Results: The median knowledge score of anemia in teenage girls at pre-test and post-test was 71.43 and 85.71. The median attitude score of anemia in teenage girls at pre-test and post-test was 73.33 and 83.33. The results of the study showed that there was an effect of nutrition education with the media explosion box on the knowledge and attitude of anemia in teenage girl.

Conclusion: There is the influence of nutrition education with the media explosion box on the knowledge and attitude about anemia in teenage girl.

Keywords: Anemia, attitude, explosion box, knowledge, teenage girl.