

# INCREASING KNOWLEDGE OF ADOLESCENTS AGED 14-16 YEARS WITH ANEMIA AT INTEGRATED ISLAMIC JUNIOR HIGH SCHOOL NURURRAHMAN 2022

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## ABSTRACT

**Background:** Anemia is a condition in which a person has a hemoglobin level of less than 7-8 g/dl. A deficiency of hemoglobin (Hb) can cause a person to quickly feel tired, tired, lethargic and weak. The prevalence of anemia in teenage girls (13-18 years) is 23% and 17% in boys. The purpose of this study is to examine was to an increase in adolescent knowledge about anemia so that it can be prevented at an early age.

**Subject and Method:** This was a cross-sectional study conducted at Integrated Islamic Junior High School Nururrahman in October 2022. A sample of 14 students was selected purposively. The dependent variable was knowledge. The independent variable was health promotion. The study instrument used a questionnaire. The analysis test was carried out using the Wilcoxon test.

**Results:** The level of knowledge of anemia increased after being given counseling (mean= 95.45; SD= 6.88;  $p < 0.001$ ) compared to before counseling (Mean= 47.27; SD= 6.48;  $p < 0.001$ ).

**Conclusion:** Health promotion can be used to improve knowledge toward anemia in Junior High School students.

**Keywords:** knowledge, anemia, teenager

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