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Counseling Anemia in Adolescents Integrated Health Post Teenagers of RT. 06

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Abstract. One of problem nutrition in adolescents in Indonesia is anemia that still persists be one of problem health the most common society happening in the world, especially in developing countries like Indonesia, anemia happen when level hemoglobin in blood is below normal , so reduce ability blood For transport oxygen to all over body . Deficiency oxygen This can impact on the whole organ function and causes various symptom like weak , tired , lethargic , and difficult concentrate . Among teenagers , in particular teenager daughter , anemia become very important For noticed Because group This currently is in a period of rapid , active growth in a way physical and mental, research This aim For prevent happen his anemia in adolescents in RT 06 Village Like Proceed Subdistrict Puller regency Mukomuko . The method used in the form of counseling to teenager daughter at Posyandu Teenagers Rt 06, with involving 10 KKNT students and midwives Village . Activities covering pre-test , administration material about prevention anemia , examination Hb levels in adolescents daughter , administration of iron tablets , post-test and German exercises . The results of activity This show that understanding to importance prevention anemia in adolescents Still not enough proven with results pre-test which is still low with an average score of 4.4. After given counseling this , level knowledge teenager will prevention anemia increase proven with improved post-test results with an average score of 7.2.

Keywords: *Knowledge , Prevention , Anemia , Adolescents*

INTRODUCTION

Anemia is condition when level hemoglobin in blood is below normal , so reduce ability blood For transport oxygen to all over body . Deficiency oxygen This can impact on the whole organ function and causes various symptom like weak , tired , lethargic , and difficult concentrate , . Ministry of Health of the Republic of Indonesia through Riskesdas data 2018 report that prevalence anemia in the group aged 15–24 years reached 32%, and some big among them is women (Ministry of Health of the Republic of Indonesia, 2018). This figure show that almost One from three teenager daughters in Indonesia are suffering anemia , which is a serious alarm for the world of education and health . Impact from anemia in adolescents daughter No only limited to symptoms physique like fatigue or dizziness , but also includes disturbance cognitive , such as difficulty in concentration learning , decline performance academic , up to decline participation in activity physique and social conditions This Of course can hinder potential and productivity teenager in term short . In term long , anemia that is not handled potential cause complications seriously , especially when Woman entering the reproductive period . Women with history anemia risky experience problematic pregnancies ,

such as birth baby with low birth weight , birth premature , until risk death mother and child (WHO, 2021). Level of knowledge low nutrition contribute in a way significant to height number incident anemia in adolescents daughter . Lack of education about importance intake substance iron , benefits food nutritious , as well as neglect to symptom anemia cause Lots case No detected or No handled with Good Wulandari and Lestari (2021). Based on the data obtained from Community Health Center in the working area Subdistrict The puller at Rt 06 village Like progress , still found 7 who experienced problem anemia in RT 06 village Like Progress , Study Program Work Real Faculty Thematic (KKNT) Dehasen University of Health Sciences Bengkulu (UNIVED) 2025 collaboration with government village village Like Proceed For give Education prevention anemia in adolescents especially teenager Princess . Activities This covers socialization to teenager about importance guard nutrition to prevent occurrence anemia in adolescents and improvement strategies knowledge about quality healthcare . Goal from empowerment This is For give understanding to teenagers in RT 06 Village Like Proceed about importance prevention anemia in adolescents.

RESEARCH METHODS

Method implementation consists of from on activity counseling , partners in this program is teenagers of RT 06 village Like Proceed Mukomuko Regency Bengkulu Province involving 10 KKNT female students from Dehasen University, Bengkulu and the government village in activity this . Activity counseling started from pre-test For measure level knowledge teenager about anemia , administration material about understanding anemia , prevention anemia , administration of iron tablets , examination Hb levels , post test For evaluate level success counseling , and healthy lifestyle exercises.

RESULTS AND DISCUSSION

Activity Results

Based on the data obtained from community health center Penarik District Mukomuko Regency in the RT 06 Village area Like Proceed Penarik District , there are 7 teenagers experience anemia , results evaluation before given counseling about anemia part teenager No know about knowledge anemia , with n value The pre-test average was 4.4. So the College Team Work Real Thematic (KKNT) try For do counseling about anemia and prevention anemia in adolescents at integrated health posts teenagers of RT 06 Village Like Proceed Subdistrict Puller Regency Mukomuko . After given counseling , level knowledge teenager about anemia become increase with The average post-test result was 7.2. An increase of 2.8 from pre-test .



Figure 1. Photo together participant counseling knowledge and prevention anemia in adolescents



Figure 2. Activities inspection Hb levels in adolescent girls

Settlement Problem

Counseling health This is based on the educational process that aims For increase knowledge and skills teenager in prevention occurrence anemia in adolescence at Posyandi teenagers of RT 06 village Like Proceed Subdistrict Puller. Based on condition knowledge teenagers with minimal knowledge about anemia marked with results pre-test which less , then it is held counseling with theme " Understanding and prevention" anemia in adolescents " activities This initiated by group 2 of the Faculty of KKNT Dehasen University of Health Sciences Bengkulu collaborates with government village Like Forward . Counseling This attended by 21 teenagers from RT 06, In activity mentioned , the material presented focus on knowledge and prevention anemia in adolescents , assessment strategies improvement knowledge with using pre and post tests . Activities counseling held on the day Monday, June 2, 2025, at the Posyandu Building Village Like Forward , Enthusiasm participant in follow counseling seen from height amount presence . During the event is taking place , participants show good attention to material presented by the resource person . This is also reflected in session ask answer , where many participant submit the next question answered with both by the source. After held activity This teenagers of RT 06 village Like Proceed understand importance knowledge and prevention anemia proven with results post test which increased compared to pre - test conducted before counseling .

CONCLUSION

Knowledge anemia has a lot of role important For prevention occurrence anemia in adolescents , poor knowledge will cause occurrence problem anemia moment teenagers , Based on results observations and counseling carried out by group 2 KKNT Dehasen University Bengkulu, it is known that part teenager No know about anemia so that cause problem health especially anemia in adolescents in RT 06 village Like Go ahead and be found Still there are 5 teenagers at risk experiencing anemia Through activity counseling with theme " knowledge and prevention" anemia in teenagers " this , teenagers Rt 06 village Like Proceed understand that prevention anemia is very important for age teenager.

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