

10

EFFECT OF BOOKLET NUTRITION COUNSELING TOWARDS KNOWLEDGE, ATTITUDE AND NUTRIENTS INTAKE AMONG ANEMIC TEENAGE GIRLS AT SMAN 1 KENDARI

Masrif, Rita Irma and Risma

Health Polytechnic of Kendari

Background: Adolescence is a transition period which transition from childhood to adulthood markedly by physical, psychological and psychosocial changes. Teenage girls have a higher tendency risk of being anemic than teenage boys. Nowadays, education exposure and nutritional information for adolescents is still very limited meanwhile in developing countries such as Indonesia, information related health and nutritional status of adolescents is still rare. This problem might be occurred by the focus of nutritional concern mostly in children, pregnant women and lactating mothers. Iron deficiency can lead to anemia and fatigue which causes unable to seize work productivity. Teens particularly teenage girls need more iron in order to replace the missing iron cause of loss in menstrual blood.

Aim: This study aims to determine the effect of nutritional counseling by using Booklet towards knowledge, attitude and nutrients intake among anemic teenage girls at SMAN 1 Kendari

Methods: This study was an analytical survey with a quasi-experimental design two groups pre and post test model. This research was conducted in August – November 2015 at SMA Neg 1 Kendari. The sample of this study was 60 students at SMA Neg 1 Kendari who suffered from Anemia selected by purposive sampling with inclusion criteria: not suffering from chronic disease (Infectious disease, kidney and cancer), not in menstruation period and willing to be a respondent. Data collection such as sample identity, knowledge and attitude were obtained through interviews using a questionnaire. Nutrients intake was obtained by recall 2 x 24 hours repeatedly measured before and after nutritional counseling. To determine anemic adolescent girls blood Hemoglobin levels was obtained by Hemoque and data were analyzes using Paired T-test.

Results: There was a significant effect of counseling using a booklet among anemic student towards knowledge ($P = 0.000$) and attitude ($P = 0.000$) so as in energy intake ($P = 0.035$) and protein intake of anemic student ($P = 0.000$). Whereas there was no effect of counseling using a booklet among anemic student towards Vitamin C intake ($P = 0.537$) and Vitamin B 12 intake ($P = 0.457$). As for this study shows Fe intake was influenced by booklet nutrition counselling ($P = 0.000$)

Recommendation: This study suggest that each school particularly with teenage girls to make a routine nutrition counselling programs as well as need for healthy canteen socialization to provides diverse and nutritious food.

Keywords: Booklet Nutrition Counseling, Knowledge, Attitude, Nutrient Intake, Anemic Teenage Girls