

ABSTRAK

Anemia pada anak-anak, wanita hamil, remaja putri, Catin, dan wanita usia subur adalah kasus kesehatan yang serius. Kurangnya asupan zat besi, ketidakpatuhan mengonsumsi tablet tambah darah, dan rendahnya pengetahuan tentang anemia menjadi faktor meningkatnya kasus anemia pada Catin. Studi ini bertujuan untuk mengetahui efektivitas media *e-booklet* terhadap pengetahuan dan tindakan pencegahan anemia pada Catin.

Penelitian ini memakai desain *quasi eksperimental* dengan rancangan *nonequivalent control group design* di Puskesmas Morokrembangan pada bulan April – Mei 2024. Populasi seluruh Catin perempuan yang datang ke Puskesmas Morokrembangan sebanyak 75 orang dengan sampel 60 Catin masing-masing 30 sampel setiap kelompok, ditentukan dengan *purposive sampling*. Variabel bebas media *e-booklet*, variabel terikat pengetahuan dan tindakan. Kuesioner dan lembar observasi digunakan sebagai instrumen pengambilan data. Uji *wilcoxon signed rank test* dan *mann-whitney* digunakan untuk analisis data dengan nilai $\alpha \leq 0,05$.

Hasil penelitian terdapat perubahan pengetahuan sebelum dan sesudah menerima *e-booklet* dengan $p\text{-value} = 0,000$ atau $\leq 0,05$, kelompok yang menerima *leaflet* menunjukkan adanya perubahan dengan $p\text{-value} = 0,000$ atau $\leq 0,05$. Ada perubahan tindakan sebelum dan sesudah diberikan *e-booklet* dengan $p\text{-value} = 0,000$ atau $\leq 0,05$, terjadi perubahan yang diberikan *leaflet* dengan $p\text{-value} = 0,013$ atau $\leq 0,05$. Ada perbedaan pengetahuan antara kelompok perlakuan dengan kelompok kontrol dengan nilai $p\text{-value} = 0,000$ atau $\leq 0,05$ dan ada perbedaan tindakan antara kelompok perlakuan dengan kelompok kontrol dengan nilai $p\text{-value} = 0,000$ atau $\leq 0,05$.

Disimpulkan jika edukasi dengan *e-booklet* berpengaruh dan efektif meningkatkan pengetahuan dan tindakan pencegahan anemia pada Catin sehingga tenaga kesehatan dianjurkan dalam memberikan promosi kesehatan melalui *e-booklet* sebagai sarana mempromosikan kesehatan.

Kata kunci: *E-booklet*, pengetahuan, tindakan, anemia, Catin.

ABSTRACT

Anemia in children, pregnant women, adolescent girls, prospective brides, and women of reproductive age is a serious health case. Lack of iron intake, non-compliance in taking iron supplement tablets, and low knowledge about anemia are factors in the increase of anemia cases in prospective brides. This study aims to determine the effectiveness of e-booklet media on knowledge and practice to prevent anemia in prospective brides.

This research used a quasi-experimental design with a nonequivalent control group design at the Morokrembangan Community Health Center in April - May 2024. The population was all prospective brides who came to Morokrembangan Health Center as many as 75 people with a sample of 60 prospective brides, each 30 samples of each group, determined by purposive sampling. The independent variable is e-booklet media, the dependent variable is knowledge and practice. Questionnaires and observation sheets were used as data collection instruments. Wilcoxon signed rank test and mann-whitney test were used to analyze the data with $\alpha \leq 0.05$.

The results showed that there were changes in knowledge before and after receiving the e-booklet with a p-value = 0.000 or ≤ 0.05 , the group that received the leaflet showed a change with a p-value = 0.000 or ≤ 0.05 . There is a change in practice before and after being given an e-booklet with a p-value = 0.000 or ≤ 0.05 , there was a change given the leaflet with a p-value = 0.013 or ≤ 0.05 . There is a difference in knowledge between the treatment group and the control group with a p-value = 0.000 or ≤ 0.05 and there is a difference in practice between treatment group with a control group with a p-value = 0.000 or ≤ 0.05 .

It can be concluded that education with e-booklets is influential and effective in increasing knowledge and practice to prevent anemia in prospective brides, so that health workers were advised to provide health promotion trough e-booklet as means of promoting health

Keywords: *E-booklet, knowledge, practice, anemia, bride.*