

***The Influence of Documentary Video on Knowledge and Behaviour
of Teenage Girl about Tablets Add Blood***

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ABSTRACT

Anemia is the one of the main nutritional problems in Indonesia as evidenced by basic health data research in 2018, prevalence of anemia has been increased by 11.8% from 2013 to 2018. Anemia is a condition of a person's hemoglobin level is below the normal category. Iron Deficiency Anemia is the most common anemia in teenage girl. Anemia can be treated by giving some tablets add blood. The low knowledge of teenage girl regarding information about anemia that can be the consumption of tablets add blood, also they lack of consumption of iron-rich foods. The purpose of this study to determine the effect of documentary video to their knowledge and being of teenage girl about tablets add blood. This studied were an quantitative research with the type of pre-experimental research design with one group pre-test post-test design. The number of subjects in this study were 48 teenage girl. The results showed that teenage girl has an increase in knowledge from 71,15 to 91,67 after they were given the intervention. Meanwhile, their behaviour increased from 81,41 to 90,73 after they were given the intervention. It proved that there was an effect of documentary video to their knowledge and behaviour of teenage girls about tablets add blood with the statistic result was $p\text{-value} = 0.000 < 0,05$.

Key words: *tablets add blood, documentary video, knowledge, behaviour.*