

# **Making Video Documentary for Counseling Tablets Add Blood (fe) in Young Women**

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## ***ABSTRACT***

Anemia is still a big concern of the Indonesian people because basic health research data or riskesdas in 2018 showed a fairly high increase from 2013, which was 37.1% to 48.9% in 2018. Anemia occurs due to the production of red blood cells in the body. few, lose too many red blood cells or damage faster than they are capable of producing. Anemia can be treated by giving Blood Plus Tablets. Supported by the results of a preliminary study conducted at SMA Negeri 1 Bondowoso, young girls did not understand the incidence of anemia. The purpose of this study was to make a documentary video and as an educational media about blood-added tablets for young girls at SMA Negeri 1 Bondowoso. The research was conducted at SMA Negeri 1 Bondowoso. This type of research is descriptive using the Research and Development (R&D) method, with the ADDIE (Analysis Design Development Implementation Evaluation) research model. The subjects of this study were students of SMAN 1 Bondowoso, with 10 female respondents. The results of the documentary video media research are effective in increasing the knowledge of young women about the incidence of anemia. While the results of the validation assessment get a value of 82% material expert validators and 90% media expert validators. The documentary video media is appropriate and the knowledge of young women increases after being given the documentary video media

***Key words:*** Anemia, Video Documentary, young women