

EFFECTIVENESS OF DOCUMENTARY VIDEOS AND EDUCATIONAL VIDEOS ON KNOWLEDGE AND COMPLIANCE WITH ADDED BLOOD TABLET CONSUMPTION IN ADOLESCENT WOMEN

Aulia Shafira Humaira
Clinical Nutrition Study Program
Department of Health

ABSTRACT

One disease that is still of great concern to the Indonesian people is anemia. The cause of anemia is due to the production of red blood cells in the body in small quantities. The young women received 1 blood supplement tablet per week without counseling. One of the learning media that is easy to capture and understand is video media. This study aims to determine the effectiveness of documentary videos and educational videos on knowledge and adherence to iron supplement consumption in female adolescents. Research was carried out from 17 March to 2 May 2023 at MA Miftahul Ulum. This research is a Quasy Experimental with Pretest-Posttest Nonequivalent Group Design. The instrument used is a knowledge questionnaire.

Based on bivariate analysis using the Wilcoxon statistic for the pre-test and post-test differences, the value of $p = 0.000$ was obtained which indicates the difference between the pre-test and post-test results on the level of knowledge and adherence to documentary and educational videos.

The conclusion from the bivariate test in this study is that there is a difference between the results of the pre-test and post-test levels of knowledge and adherence to documentaries and educational videos.

Keywords: Anemia, Compliance, Knowledge, Documentary Videos, Educational Videos