

## **Perbedaan Edukasi Gizi Menggunakan TikTok Terhadap Perubahan Pengetahuan Mengenai Anemia pada Remaja Putri**

Differences in Nutrition Education Using TikTok on Changes in Knowledge About Anemia in Adolescent Girl

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### **ABSTRACT**

One of the nutritional problems that must be faced in Indonesia is anemia, especially iron deficiency anemia. Iron nutritional anemia often occurs in adolescents, this is due to the occurrence of menstruation every month, insufficient iron intake, and low knowledge. This low knowledge can be overcome by providing nutrition education. Nutrition education through counseling, video demos, and counseling through booklets, leaflets, and pocketbooks is nutrition education that has been implemented. Over time, various social media emerged, such as TikTok, which can be used to provide nutrition education. The purpose of this study was to determine the differences in nutrition education using TikTok on changes in knowledge about anemia in young women. The type of research used is quantitative research with a quasi-experimental method with a two-group pretest-posttest design. The population in this study were students of class X and XI SMA PGRI Puger and SMA Sultan Agung Puger with a total of 72 students who were divided into 2 groups and selected using an accidental sampling technique. This research was conducted for  $\pm 1$  month. The statistical analysis used was SPSS 22 software with the Mann-Whitney and Wilcoxon tests. The results of this study indicate an increase in knowledge after being given nutrition education using TikTok in the intervention group. Increased knowledge also occurred after being given nutrition education to the control group. There was a difference in knowledge before being given nutrition education in the intervention and control groups ( $p=0.000$ ). There were differences in abilities before and after being given nutrition education using TikTok related to anemia in the intervention group ( $p=0.000$ ). There were differences in ability before and after being given nutrition education about anemia in the control group ( $p=0.001$ ). There was a difference in knowledge after being given nutrition education about anemia in the intervention group and the control group ( $p=0.000$ ).

**Keywords : Education, TikTok, Knowledge, Anemia, Adolescent Girl**