

**Effectiveness of Emodemo-Based Nutrition Education and Counseling on
Knowledge about Anemia in Pregnant Bungatan Health Center**

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ABSTRACT

Anemia is a condition of the body with a lower number of red blood cells or hemoglobin levels. Anemia is a nutritional problem that needs attention. Pregnant women with anemia have a risk of giving birth to babies with low birth weight, miscarriage, and premature birth. This study was conducted to analyze the effectiveness of emo-demo-based nutrition education and counseling on knowledge about anemia in pregnant women. The type of method used in this study is a comparative study method (Compatavive Study) with a Non Randomized Control Group Pretest Posttest Design research design which is classified as a quasi-experimental design or Quasi Experiment Design. This study used two groups, namely a group of pregnant women who were given emodemo-based nutrition education (intervensi) and a group of anemic pregnant women who were given counseling (control) based nutrition education. Based on the results of the pretest and posttest of each group, there was a significant increase in knowledge. The results of the difference test on the pretest and posttest levels of knowledge on the counseling method obtained a result of $pvalue = 0.000$. The results of the difference test on the pretest and posttest levels of educational knowledge using the emodemo method amounted to $pvalue = 0.000$. Where $p < 0.05$ indicates that there are differences before and after treatment in each group. There is no significant difference between knowledge before treatment in the counseling and emodemo groups.

Keywords: Anemia in pregnant women, Knowledge about anemia in pregnant women, Nutrition education