

Comparison of Direct and Indirect Emo Demo Education in Changing Attitudes and Actions in Overcoming Anemia in Pregnant Women

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ABSTRACT

Anemia in pregnant women is a condition where hemoglobin levels in the blood decrease. The occurrence of anemia in the body begins with erythrocytes which cannot bind and provide sufficient oxygen to body tissues, causing the body to lack hemoglobin. The aim of this research was to analyze the comparison of direct Emo Demo and indirect Emo Demo education in changing attitudes and behavior in preventing anemia in pregnant women. The subjects in this study were 30 people who had been divided into 2 groups and selected using random sampling techniques. quasi-experiment with a two group pre-test and post-test design carried out for 2 weeks. Research results: show that there is a comparison of the attitudes of pregnant women who received Emo Demo education directly and Emo Demo indirectly showed value ($p=0.005$) and there was a comparison of the behavior of pregnant women who received Emo Demo education directly and Emo Demo indirectly showed value ($p=0.004$).

Keywords : *Emo Demo, anemia, pregnant women, attitudes, behavior*