

Effectiveness of Nutrition Education Media on Knowledge and Attitudes About Anemia in Young Women (Literature Review)

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ABSTRACT

Anemia is defined as a condition which the level of hemoglobin (oxygen-carrying protein) in the blood is less than normal for a group of people according to a certain age and sex. The age group that is prone to suffer from anemia is young women. Anemia prevention can be done by increasing knowledge about anemia. One of the efforts that can be made to increase the knowledge and attitudes of young women about anemia is by conducting nutrition education. A media is needed when carrying out nutrition education. The objective of this study was to analyze the effectiveness of nutrition education media on knowledge and attitudes about anemia in adolescent girls. This study uses a literature review method. This research was conducted by searching online databases such as Google Scholar and National Library with the keywords of nutrition education media, anemia, knowledge, attitudes and adolescent girls and obtained 124 journals that match the topics to be studied. After sorting out the journals that fit the predetermined and filtered criteria, 10 journals that match were found. The results of the analysis of 10 journals stated that there were 2 media classifications, namely print media and electronic media which were proven to be effective in increasing the knowledge and attitudes of young women about anemia. Print media that are declared effective in increasing knowledge and attitudes about anemia in young women are posters, booklets, book covers, story books. Meanwhile, electronic media that are said to be effective in increasing knowledge and attitudes about anemia in adolescent girls are android applications, social media facebook and videos.

Keywords: Anemia, Attitudes, Knowledge, Media of Nutrition Education, Young Women