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PREVENT ANEMIA BY CONSUMING BLOOD SUPPLEMENT TABLETS (FE) IN JUNIOR HIGH SCHOOL STUDENTS 11 AMBON GRADE 7

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Abstract. Until now, the prevalence of anemia in adolescent girls is still high; in 2024, Anemia in Indonesia will increase by 32% of adolescents aged 15-24 years in Indonesia experience anemia (Ministry of Health, 2024). The purpose of this socialization activity is to increase the knowledge of adolescent girls in preventing anemia. Prevention of anemia by administering blood-boosting tablets (Fe). The activity method consists of two, namely, planning and implementation. Planning includes coordination with the school and material preparation. The implementation is carried out face-to-face directly. The partners of this activity are young women at SMP Negeri 11 Ambon. This activity is carried out in education through various methods, namely lectures and the distribution of printed PowerPoint presentations (Handout). The activity will be held face-to-face on August 5, 2024. 14 young women attended. Education goes smoothly and can increase the knowledge of adolescent girls in preventing anemia. This activity received support from the Amahusu Health Center

Keywords: Anemia; Education; Education; Blood Booster Tablets.

INTRODUCTION

Iron deficiency anemia is caused by a decrease in iron reserves in the body so that hemoglobin levels in the blood are reduced. The normal level of hemoglobin in adolescent girls is 12 g/dL (WHO, 2011). In Indonesia, the incidence of iron deficiency anemia reaches 21.7%, and in adolescent girls, it is still relatively high, reaching 22.7% (Ministry of Health of the Republic of Indonesia, 2014). If the prevalence of iron deficiency anemia is 20-39.9%, it can be considered a moderate public health problem (WHO, 2011). Adolescent girls are the most vulnerable group to experience iron deficiency anemia due to adolescent girls experiencing menstruation every month and an increased need for iron to replace iron lost during menstruation (Briawan, Adriyani, and Pusporini, 2009). Lack of knowledge also contributes to the problem of anemia (Listiana, 2016). Low hemoglobin in people with iron deficiency anemia can cause decreased binding and oxygen transport from the lungs to the whole body (Suryani, Hafiani, and Junita, 2015). The long-term impact of adolescent girls suffering from iron deficiency anemia is an increase in maternal mortality, an increase in the rate of Low Birth Weight Infants (BBLR), and an increase in prenatal mortality (Suryani, Hafiani, and Junita, 2015). Until now, the prevalence of anemia in adolescents is still high.

Based on Riskesdas data in 2018, the proportion of anemia in the age group of 15-24 years was 32%, while the proportion of anemia in pregnant women aged 15-24 years was 84.6% (Riskesdas, 2018). In addition, based on the results of research on adolescent girls, it was found that as many as 63.4% of respondents experienced anemia (Simanungkalit & Simarmata, 2019). Meanwhile, the percentage of adolescent girls aged 12-18 years who received blood supplement tablets (TTD) in DKI Jakarta was 10.3%, and this figure was still lower than in Indonesia, which was 12.4% (Ministry of Health of the Republic of Indonesia, 2018b). One of the causes of anemia in adolescents is still a lack of knowledge about anemia. Over half of the respondents (66.7%) of adolescent girls know anemia in the lack category (Kasumawati, Holiday, & Jasman, 2020). Other research also conducted on adolescents showed that many respondents had less knowledge of anemia (50%). As many as 87.2% of respondents knew that tablets to increase blood (Simanungkalit & Simarmata, 2019). Therefore, educating adolescents about anemia, especially adolescent girls, is necessary.

This anemia prevention socialization aims to increase awareness and make students aware of what anemia is, its causes, and how it affects their health—teaching the importance of adequate nutrient intake, especially iron, to prevent anemia. Students are taught about foods

rich in iron and vitamins important for blood health. Encourage students to adopt a healthy lifestyle to prevent anemia, such as eating a balanced diet, exercising regularly, and maintaining a good sleep pattern. It helps students recognize the early signs of anemia to seek medical help early if needed. Furthermore, it teaches the importance of consuming blood supplement tablets, especially for female students. With this socialization, it is hoped that students will become more concerned and active in maintaining health, especially in preventing anemia.

Example: According to Harris (2020), lorem ipsum dolor sit amet, consectetur adipiscing elite. Consectetur adipiscing elite, lorem ipsum dolor sit amet, consectetur adipiscing elite. Harris (2020) stated that consectetur adipiscing elite, lorem ipsum dolor sit amet

Problem

1. Lack of knowledge: many junior high school students and even parents do not understand anemia, its causes, and its impact on health.
2. With an unbalanced diet, students often do not consume nutritious enough foods, especially those rich in iron, such as red meat, green vegetables, or nuts.
3. Physiological changes in adolescents, especially women, are more susceptible to anemia due to menstruation affecting iron levels in the body.
4. Lack of awareness of the importance of supplements: many students are unaware of the importance of iron supplements, especially for those at high risk of anemia.

METHOD

Education and counseling, health counseling held sessions at SMP N 11 AMBON about anemia, including its causes, symptoms, and ways to prevent it. Health workers can do this.

The educational materials provided are knowledge about anemia, prevention of anemia, and how to take blood supplement tablets. They also teach students the importance of a balanced diet rich in iron and vitamin C (which helps absorption of iron). This community service activity targets 7th-grade junior high school students who have experienced menstruation and received blood supplements from the health center. There are 14 students in implementing this activity, among others, with coordination from the school. From this community service activity is an increase in understanding of targets related to the prevention of anemia and how to consume blood supplement tablets.

DISCUSSION

This counseling activity aims to make students understand the importance of anemia prevention. In this counseling, health education about anemia was carried out to adolescent girls. The counseling activity lasted approximately 30 minutes and was carried out orderly and smoothly. The participants and the school were enthusiastic about it. The activity is to conduct health education and counseling about anemia in adolescent girls. Definition, Symptoms, Treatment, and Prevention. The students were quite understanding and very enthusiastic about this activity. It was evident that some students asked especially about efforts to prevent anemia. Based on the results of the activities carried out by group 4 PBL III of the STIKES MALUKU HUSADA public health study program which is located at SMPN 11 Ambon grade 7 in the work area of the Amahusu health center. This activity is one of a series of PBL III activities, carried out on Monday, August 5, 2024. The results of the Community Service activities that were carried out were obtained, and the participants were very enthusiastic about listening to the material presented in the counseling. In addition, this PKM activity was assisted by seven students and 1 PKM officer, so this activity positively impacted the participants and implementers of the activity. Overall, PKM activities ran smoothly and provided great benefits for improving student knowledge at SMPN 11 Ambon.

PKM activities in the form of counseling about anemia and the consumption of blood supplement tablets at SMPN 11 Ambon began by providing material on anemia and how to consume TTD. Then, it continued with distributing blood supplement tablets to young women. Symptoms of anemia include a pale face, lack of energy, drowsiness easily, and headaches in more severe circumstances that can result in increased heart rate, shortness of breath, and fainting. The implementation of actions is more focused on pharmacological and non-pharmacological actions, namely by giving tablets to increase blood; non-pharmacological actions are by consuming healthy food with sufficient nutritional value according to adolescent girls' needs and reducing fast food consumption. Regular exercise such as jogging, cycling or swimming is also recommended. At the end of the evaluation, a question and answer session was held to determine how well students understood anemia.



Figure 1. Counseling with students of SMPN 11 Ambon

CONCLUSION

The implementation of community service, especially for students of SMP N 11 Ambon, carried out by Stikes Maluku Husada students of the S1 Public Health study program in Field Learning Practice III (PBL III) activities went well. The students who attended were enthusiastic about reading the PowerPoint presentations and asking what they did not understand. This activity provided a good experience for the students to prevent anemia; participants were very enthusiastic about listening to the material presented

ACKNOWLEDGMENTS (if any)

We want to express our gratitude to SMP N 11 Ambon for facilitating this activity, and not forgetting the head of the health center and related school principals, as well as all parties who have helped with this rescue activity.

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