ANEMIA EDUCATION FOR ADOLESCENT GIRLS FOR STUNTING PREVENTION THROUGH VIDEO MEDIA

Laila Fatimah[1], Rina Sri Widayati[2]
lailafatimah.students@aiska-university.ac.id
Program Studi Sarjana Kebidanan dan Pendidikan Profesi Bidan
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Anemia is a condition where the amount of hemoglobin in the blood is below a predetermined threshold. Adolescent girls with anemia can experience a decrease in work productivity or academic ability at school due to a lack of enthusiasm for learning and focus. In West Java, the prevalence of anemia among adolescent girls is 32.8%. Adolescent girls who experience anemia increase the risk of stunting due to a lack of iron and oxygen in the blood. Anemia and stunting have a very close relationship, especially in adolescent girls, pregnant women, babies and toddlers. Both are nutritional problems that can affect a child's growth and development. One of the interventions given to teenagers in dealing with anemia is a program for giving blood supplement tablets (TTD) to prevent anemia in teenage girls. To educate about anemia, the author has prepared an educational video on anemia to prevent stunting. The benefit of video media for young women is that it is an educational medium that is easy to understand and interesting.* ***Objective:*** *creating educational media in the form of videos as education for adolescent girls about anemia and its relation to the occurrence of stunting.* ***Method:*** *The type of media used is educational video, the production process is carried out through pre-production, production, and post-production stages. The video then goes through a revision process, input from the supervisor and three respondents, as well as corrections from the author.* ***Results:*** *The media produced is an educational video lasting 1 minute and 41 seconds containing material about the definition, characteristics, factors, impacts, prevention of anemia, and the relationship to the incidence of stunting.* ***Conclusion:*** *A video media entitled "education on anemia prevention in late adolescent girls" has been created as an educational medium, providing information that is interesting, easy to understand, practical, and can be accessed anytime and anywhere.*

Keywords: *Adolescent Girls, Anemia, Hemoglobin, Stunting, Video Media*