

Abstrak

Anemia remaja menjadi permasalahan yang dihadapi Indonesia, hal ini dibuktikan dengan *trend* peningkatan prevalensi anemia remaja Indonesia dari tahun 2007, 2013, dan 2018. Penelitian ini dilakukan dengan tujuan untuk mengidentifikasi karakteristik dan pola konsumsi pangan siswi di SMA Mardi Yuana, mendesain cakram siklus menu untuk pencegahan anemia remaja putri, menguji kelayakan cakram siklus menu, mengukur efektivitas penggunaan cakram siklus menu, mengetahui perbedaan pengetahuan, sikap, dan perilaku remaja terhadap pemilihan menu dalam mencegah anemia pada kelompok kontrol dan kelompok intervensi. Rancangan penelitian melalui 5 langkah yaitu perencanaan, pengembangan produk, validasi, revisi, kelayakan, dan uji coba. Berdasarkan uji validitas media cakram siklus menu layak dipergunakan sebagai media edukasi gizi. Sampel penelitian ini sebesar 29 responden dari kelompok kontrol dan kelompok intervensi. Pengolahan data dilakukan dengan uji *independent T Test* diperoleh hasil bahwa pada variabel pengetahuan dengan $\alpha < 0,05$ terdapat pengaruh signifikan kelas intervensi dibandingkan dengan kelas kontrol. Pada variabel sikap dan perilaku diperoleh nilai $\alpha > 0,05$ tidak ada pengaruh signifikan kelas intervensi dibandingkan dengan kelas kontrol.

Kata Kunci : Anemia, Cakram, Remaja Putri, Siklus Menu

Abstract

Adolescent anemia is a problem facing Indonesia, this is evidenced by the trend of increasing prevalence of anemia among Indonesian adolescents from 2007, 2013, and 2018. This research was conducted with the aim of identifying the characteristics and food consumption patterns of female students at SMA Mardi Yuana, designing menu cycle discs for preventing anemia among young women, testing the feasibility of menu cycle discs, measuring the effectiveness of using menu cycle discs, knowing the differences in knowledge, attitudes, and behavior of adolescents towards menu selection in preventing anemia in the control group and the intervention group. The research design goes through 5 steps, namely planning, product development, validation, revision, feasibility, and trials. Based on the validity test of the menu cycle disc media, it is feasible to be used as a media for nutrition education. The sample of this study was 29 respondents from the control group and the intervention group. Data processing was carried out using the independent T test. It was found that in the knowledge variable with $\alpha < 0.05$, there was a significant influence on the intervention class compared to the control class. In the attitude and behavior variables, it was *obtained that the value of $\alpha > 0.05$ had no significant effect on the intervention class compared to the control class.*

Keywords : Adolescent Girls Anaemia, Anaemia, Disk, Menu Cycle