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## ABSTRACT

**Title of Abstract** : The Effect of Nutrition Education on Improving Knowledge of Adolescent Girls for Anemia Prevention  
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**Background** : Anemia remains a common micronutrient deficiency among adolescent girls, caused by increased iron needs during rapid growth and menstruation. If unmet, it can reduce fitness, productivity, and learning ability. Nutrition education plays a crucial role in improving their knowledge and awareness of anemia prevention from an early age.

**Objective** : This study aimed to determine the effect of nutrition education on improving knowledge of adolescent girls for anemia prevention.

**Research Methods/ Implementation Methods** : This study used a quasi-experimental design with a one group pretest-posttest approach, conducted on students at Tri Tunggal 45 High School, Makassar. A total of 53 students became the sample, selected by purposive sampling based on inclusion criteria: aged 13–18 years and willing to be a respondent. The education was carried out through counseling activities using PowerPoint and leaflet, accompanied by the provision of Blood-Boosting Tablets (TTD) as part of the educational media in collaboration with the Tamalanrea Community Health Center. Body weight and height measurements were also taken using a digital scale and stadiometer to determine the nutritional status. Knowledge data was collected before and after the intervention using a questionnaire, then analyzed using the paired t-test in SPSS.

**Results** : The results showed a significant increase in the average knowledge score of the respondents from 45.8 to 79.6 after receiving nutrition education, with a p-value 0.001.

**Conclusion/Lesson Learned** : Nutrition education effectively improves adolescent girls' knowledge of anemia prevention and should be routinely implemented in schools as a preventive effort against anemia.

**Keyword** : Anemia; Education; Knowledge; Counseling; Adolescent