ABSTRACT

DARA SEHAT Program: Reproductive Health and Anemia Prevention Education for Adolescent Girls in Loa Pari

Rian Julianto, Andini Putri Kinanti, Chris Indah Bangga Ningtyas,
Akhdiya Keysha Nurfadilla, Hana Anindya Hernantoputri, Muhammad Aidil Fitrah

Correspondence E-mail : pblloapari@gmail.com

Background Adolescent girls are vulnerable to reproductive health problems and anemia due to increased iron needs during growth and menstrual blood loss. In Loa Pari Village, Tenggarong Seberang, based on Focus Group Discussion (FGD), adolescent girls' health identified as a priority problem. The root causes were the lack of knowledge regarding reproductive health, anemia, and healthy lifesyles.

Objective : To improve the knowledge of adolescent girls about reproductive health, anemia prevention, and healthy living behavior through the DARA SEHAT (Dampingi Rangkul, Wujudkan Remaja Putri Sehat) program.

Research Methods/ Implementation Methods : The program was implemented on 15 July 2026 at SMP Negeri 5 Tenggarong Seberang with 45 ninth-grade girls. The activities consisted of pre-test, educational video, presentation, discussion, post-test, and educational stickers. Knowledge was measured with questionnaires related to puberty, menstruation, anemia prevention, and healthy lifestyles consisting of 10 items with data analysis using the Wilcoxon Signed Rank Test.

Results : The DARA SEHAT Program succesfully improved female students' knowledge of reproductive health, anemia prevention and healthy lifestyles. The average test score increased from 8.73 before intervention to 9,49 afterward. The Wilcoxon test showed a statistically significant improvement ($p < 0.001$) indicating the program effectively improved participants' knowledge.

Conclusion/Lesson Learned : The DARA SEHAT program significantly improved adolescent girls' knowledge of reproductive health and anemia prevention. Combining video, presentation, and discussion with sticker reminders was a feasible approach for school-based health education. Repeated sessions and involvement of schools, Community Health Center, and family are recommended to support lasting behavior change.

Keyword : adolescent girls; anemia; reproductive health; health education; school-based intervention