

ABSTRACT

Female adolescents are prone to iron deficiency anemia due to regular menstrual cycles and loss of basal so that it requires sufficient iron intake from food consumed daily. The concept of Health Belief Model which consists of perceived susceptibility, perceived severity, perceived benefit, perceived barrier, self efficacy and perceived threat encourage anemia prevention. The application of Health Belief Model can shape changes in nutritional behavior through a sense of being threatened by the dangers of an illness.

This research was a quasi-experimental study. The sample in this study were 70 female students at Santo Stanislaus Senior High School who were sitting in class X and XI. The sample was selected by simple random sampling technique and divided into two groups, namely the intervention group and the control group. Data was collected using questionnaire interviews. Data were analyzed using SPSS software using independent t-test and paired t-test.

The results showed that there were significant differences in the level of knowledge ($p < 0.001$), perceived susceptibility ($p < 0.001$), perceived severity ($p = 0.009$), perceived benefit ($p < 0.001$), perceived barrier ($p < 0.001$), self efficacy ($p = 0.014$), and perceived threat ($p < 0.001$), and iron consumption level ($p < 0.001$) after intervention in intervention group. It was found that the increase in the average knowledge, perceived susceptibility, perceived severity, perceived benefit, perceived barrier, self efficacy, perceived threat and the level of consumption of iron source foods in the intervention group was higher than the control group. The hemoglobin value did not have a significant difference after being given education in both the intervention and control groups.

The conclusion of this study was that the application of Health Belief Model could increase knowledge and components of HBM to encourage changes in anemia prevention behavior through increasing consumption of iron-source foods. In further research it is recommended that it can pay attention to confounding factors that affect hemoglobin levels in the body and and strive to innovate food products as a substitute for blood tablets to increase the acceptance of young women.

Keywords : knowledge, Health Belief Model, food consumption, anemia

ABSTRAK

Remaja putri rentan mengalami anemia defisiensi zat besi karena siklus menstruasi maupun kehilangan basal sehingga memerlukan asupan zat besi cukup dari makanan yang dikonsumsi sehari-hari. Konsep Health Belief Model yang terdiri dari perceived susceptibility, perceived severity, perceived benefit, perceived barrier, self efficacy dan perceived threat mendorong untuk melakukan tindakan pencegahan anemia. Aplikasi Health Belief Model dapat membentuk perubahan perilaku gizi melalui rasa terancam akan bahaya suatu penyakit.

Penelitian ini merupakan penelitian quasi experiment. Sampel dalam penelitian ini sejumlah 70 siswi di SMAK Santo Stanislaus yang sedang duduk di bangku kelas X dan XI. Sampel dipilih dengan teknik simple random sampling dan dibagi menjadi dua kelompok yaitu kelompok perlakuan dan kelompok kontrol. Data dikumpulkan menggunakan wawancara kuesioner. Data dianalisis menggunakan software SPSS menggunakan uji independent t-test dan paired t-test.

Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan pada tingkat pengetahuan ($p < 0,001$), perceived susceptibility ($p < 0,001$), perceived severity ($p = 0,009$), perceived benefit ($p < 0,001$), perceived barrier ($p < 0,001$), self efficacy ($p = 0,014$), dan perceived threat ($p < 0,001$), serta tingkat konsumsi zat besi ($p < 0,001$) setelah aplikasi pada kelompok perlakuan. Diketahui bahwa kenaikan rata-rata pengetahuan, perceived susceptibility, perceived severity, perceived benefit, perceived barrier, self efficacy, perceived threat dan tingkat konsumsi makanan sumber zat besi pada kelompok perlakuan lebih tinggi daripada kelompok kontrol. Nilai hemoglobin tidak memiliki perbedaan yang signifikan setelah diberikan edukasi baik pada kelompok perlakuan maupun kelompok kontrol.

Kesimpulan dari penelitian ini adalah aplikasi Health Belief Model dapat meningkatkan pengetahuan serta komponen HBM untuk mendorong perubahan perilaku pencegahan anemia melalui peningkatan konsumsi makanan sumber zat besi. Pada penelitian lebih lanjut disarankan agar dapat memperhatikan faktor perancu yang mempengaruhi kadar hemoglobin di dalam tubuh dan mengupayakan inovasi produk makanan sebagai substitusi tablet tambah darah untuk meningkatkan penerimaan remaja putri.

Kata kunci : pengetahuan, Health Belief Model, pola konsumsi, anemia