

**OVERVIEW OF ADOLESCENT GIRL'S
KNOWLEDGE ON ANEMIA PREVENTION
AT STATE JUNIOR HIGH SCHOOL 2 KARTASURA**

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ABSTRACT

Background: Adolescent girls are among the vulnerable groups prone to various nutritional health issues, one of which is anemia. Anemia is a condition where the level of red blood cells or hemoglobin (Hb) in the body is below the reference standard. Adolescent girls with good knowledge about anemia prevention are able to take preventive measures against anemia, thus avoiding its occurrence. Conversely, adolescent girls with poor knowledge about anemia prevention are more likely to suffer from anemia because they are unaware of the preventive measures they can take. **Objective:** To assess the level of knowledge among adolescent girls regarding anemia prevention at State Junior High School 2 Kartasura. **Method:** This study employs a descriptive quantitative approach using non-probability sampling methods, specifically purposive sampling. **Results:** The study found that out of 61 respondents, 44 (72.1%) had good knowledge, 10 (16.4%) had adequate knowledge, and 7 (11.5%) had poor knowledge. **Conclusion:** The level of knowledge among adolescent girls about anemia prevention at State Junior High School 2 Kartasura indicates a generally good understanding.

Keywords: Adolescent girls, anemia, prevention, knowledge.