

**ENHANCING KNOWLEDGE OF BOILED EGG AND HONEY  
CONSUMPTION FOR ADOLESCENT GIRLS WITH ANEMIA THROUGH  
VIDEO MEDIA**

**Isnaini Farida**

[Isnainifarida186@gmail.com](mailto:Isnainifarida186@gmail.com)

*University 'Aisyiyah Surakarta*

**SUMMARY**

**Background:** *The incidence of anemia in Indonesia remains high. Anemia in adolescents can lead to various issues, beginning with symptoms such as fatigue, weakness, pale skin, shortness of breath, rapid heartbeat, dizziness, headache, and cognitive and concentration problems. Prolonged anemia can result in complications. To prevent anemia from persisting, it is important to consume iron, protein, and vitamin C. Iron in eggs can be combined with vitamin C from honey to enhance absorption. Adolescents' knowledge about anemia is very limited.*

**Method:** *This method uses informational media that includes visual content to convey educational messages, specifically through videos, to improve knowledge among adolescent girls.*

**Results:** *After providing education through an 6:27-minute video that covers anemia and how to manage it, it is hoped that the community, particularly adolescent girls, will learn how to address anemia effectively.*

**Conclusion:** *The video used as an educational and informational tool successfully increased the knowledge of adolescent girls about managing anemia through the consumption of boiled eggs and honey. Before the video education, adolescents did not know how to manage anemia; after the education, they understood how to handle it.*

**Keywords:** *Adolescents, Anemia, Honey, Eggs*