

YOUTH EMPOWERMENT IN ACTIVITIES TO UTILIZE MORINGA LEAVES (MORINGA OLEIFERA) IN KARANGKENDAL VILLAGE

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SUMMARY

Background; Anemia is a major health problem in developing countries, especially among children, adolescents, and women of childbearing age characterized by low levels of hemoglobin and red blood cells, this condition can cause decreased immunity. Prevention can be done pharmacologically or non-pharmacologically. One of the non-pharmacological preventions is moringa leaves. Moringa leaves (*Moringa Oleifera*) contain iron, vitamin C, and vitamin A so they can help increase iron levels in the body and overcome anemia problems, especially in adolescents. **The objectives of the research;** Disseminate knowledge about preventing anemia by empowering the community, especially teenagers, through the use of Moringa leaves as a functional food ingredient. **Method;** This activity was carried out using counseling and youth empowerment methods by utilizing local natural resources as an effort to prevent anemia and introduce Moringa leaves as a nutrient-rich plant. **Results;** Activities carried out in May and June had a positive impact on teenagers in Karangkendal Village which showed a significant increase in the level of knowledge of teenagers after participating in the outreach and empowerment program. The percentage of teenagers in the good knowledge category increased from 25% to 58,3%. **Conclusion;** The entire series of community service activities are published in the form of scientific articles published in *Empowerment Journal* Volume 4 No. September 2, 2024.

Keywords : Prevention of Anemia, Teenagers, Moringa Leaves