



Proceeding Paper

RAMIA (ANTI-ANEMIA TEENAGERS) PODCAST THROUGH YOUTUBE SOCIAL MEDIA AFFECTS ON TEENAGER GIRLS KNOWLEDGE AND ATTITUDES ABOUT ANEMIA AT JUNIOR HIGH SCHOOL 19 BENGKULU CITY

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Abstract

Anemia is one of the global health problems, particularly in developing countries. Young women are a group that is prone to anemia because they menstruate every month. Lack of information and knowledge about anemia can cause decreased body immunity, impaired learning concentration, academic achievement, adolescent fitness, and adolescent work productivity. One way to increase knowledge and attitudes is by promoting health through podcast media. This study is about the influence of podcasts through YouTube social media in increasing the knowledge and attitudes of young women about anemia. This research was conducted with a Pre-Experimental design with pre-test and post-test. The number of respondents was 33; the sampling technique was purposive. The intervention was done through podcasts with as many as three episodes, each lasting 8 minutes. The research instruments were questionnaires on knowledge and attitudes regarding anemia and original videos of researchers. The normality test is the Shapiro-Wilk test; the data is not normally distributed. The analysis continued using the Wilcoxon test with an $\alpha < 0.05$. The results stated that the average value of knowledge and attitudes about anemia before and after the intervention increased (p-value 0.000). Health education through video podcasts increases knowledge (9.00) and attitudes (33.70). Video podcasts can increase teenagers' knowledge and attitudes about anemia. Hopefully, this video podcast can be used as an educational tool about anemia for young women.

Keywords: Knowledge, Attitude, Anemia, Young Women, Podcast.

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INTRODUCTION

Puberty teenagers aged ten years up to 19 years change Because of changes in physics and adolescent psychology transition puberty results in health, like anemia (Kurniawati, D., and H. T. R. I. Sutanto. , 2019). Anemia is an issue in the health world, especially in developing countries. According to research Kulsum and astuti (2020) anemia is a condition Where the blood is red, Which can known

from declining hemoglobin and hematocrit inside the body. Process synthesis of hemoglobin requires the body to own Enough substance, iron, and protein. Protein This on-duty transport substance, iron, goes to the marrow bone to form molecules of red blood cells (Nasruddin et al, 2021). Teenage women are prone to getting anemia from teenage men Because teenage Women face menstruation monthly. Besides that, teenage Women often wish that they could diet and eat more (Hasibuan and Ingrid, 2019). Insufficient intake of food sources of iron can indirectly determine the incidence of anemia in adolescent girls. Adolescents who do not consume eggs, vegetables and meat have a higher risk of developing anemia (Gebreyesus et al, 2019).

Based on Riskesdas, the number of anemic nationals In Indonesia is 58.8%. According to characteristics, age 5-14 years is lower than in a group of teenagers aged 15-24. At ages 5-14 years, anemia is 26,80%, and at ages 15-24, anemia is 32%. Ministry Health Republic Indonesia states that anemia Of teenage daughters is an issue of health when its prevalence is $\geq 20\%$. The number of anemic teenage-teenager daughters is very high in Bengkulu, at 43%. Risk anemia can impact and affect teenagers' immunity, concentration, performance in school, fitness, and productivity. Besides That, anemia, especially in teenage daughters, will take that influence more seriously Because they will be mothers who will become pregnant and give birth, experience enhancement risk death mother, birth, and now heavy born low (LBW) (Tutik, Hastutik, and N. Kade. Sri Eka Putri, 2022). At a minimum information and knowledge about anemia-related symptoms, consequences, reasons, and prevention are factors that raise the incidence of anemia in Indonesia. Based on the analysis of the article Diana, and Bachtiar A. S (2020), divided the knowledge category into two categories, namely good and poor, namely 183 respondents (43.2%) who had good anemia knowledge and 241 (56.8%) less (Dwi Hayati, Risky dan ratnawati, 2021). Studies Laksmi, Safira, dan Helmi Yenie. (2018) disclose that teenage daughters with knowledge anemia have a chance 2,22 times more can catch anemia from teenagers daughter knowledgeable Good. Attitude is when someone is still close to something, a stimulus, or an object. Study Alhidayati et al (2019) show that a child Woman with a negative attitude four times may experience anemia compared to a child Woman with a positive attitude.

One method to elevate knowledge and attitudes among teenagers about anemia is through the media. Media on which function is essential in communication, including field education. The availability of source information is good for learning and overcoming obstacles in spatial and temporal learning (Moeis et al, 2018). Wrong One media, which advanced time this is a podcast. Results survey Podcast User Research in Indonesia 2018 submit that 68% of the public in Indonesia knows podcast is media information-based audio. Until 43% of subjects say they want to listen to podcasts regularly. About

preference set podcast or radio, until 53% of the audience consider radio and podcast as media audio attract.

According to research Muthmainnah et al, (2021), podcasts can increase teenagers knowledge and attitudes. According to a study Abidin and Widodo (2018), podcasts are significant and effective If used for the moment in teaching and learning. Podcast This is usually published through network social, specifically YouTube. Based on a survey party on YouTube, YouTube has more than one billion users, Which is almost one-third of all users on the Internet. According to the results of A study, users on the Internet in Indonesia believe that YouTube is the first reason they look for content (Setiadi et al, 2019). Having adequate learning resources will make it easier for students to understand the material and complement, maintain, and enrich knowledge. Technology information has already become a lifestyle for the public, especially race time (Irwan, Zaky F. L, and Atri Walidi. 2019). YouTube can become a source of Study for students. YouTube will give a model for looking for source Studies, precisely source education.

MATERIALS AND METHODS

The type study studies quantitative, with use plan experiment with method Pre-Experimental (One group pretest and posttest) Which held on moon February - April 2023 Of Junior High School 19 City Bengkulu. Before collecting data, the researchers took care of the research ethics issued by the Ethics Committee of the Poltekkes Kemenkes Bengkulu with ethical number No.KEPK.BKL/334/06/2023. Population study: This is a whole female student of Junior High School 19 City Bengkulu with a sample of 33 female students and a sample calculation with formula lemeshow. Technique Sampling is *purposive sampling*, as it is criteria-specific. The inclusion criteria are Junior High School 19 Bengkulu City students, willing respondents with low knowledge pretest results and willing to watch three episodes of the RAMIA podcast, and students with gadgets. Criteria exclusion on study This is female students Who watch podcasts until finished, female students who have no tool communication, and female students who do their understanding of anemia.

Variable independent study, namely media podcasts, whereas variable dependent study is knowledge and attitude of teenage daughters about anemia. Instrument study This is podcast education about anemia in teenagers' daughters, which consists of a 3-episode podcast that is Then uploaded to YouTube and shared with female students through group WhatsApp. Variable knowledge in shape questionnaire ten questions, variable attitude Also in shape questionnaire 10 question Which adopted from questionnaire study ⁽¹⁶⁾ Which validity and reliability. Measure variable knowledge by solving multiple-choice questions. Given a score of 1, the Wrong given score of 0, so the score is 10. Variable Attitude with results measurement Very Agree, Agree, Disagree and Very Disagree If statement

attitude positive given score 4-1 and If statement attitude negative given score 1-4. The intervention was done regularly online during seven days of using the WhatsApp group.

Data obtained next analyzed with analysis univariate and bivariate. Univariate analysis of rata-rate score knowledge and attitude before and after intervention served as table distribution frequency. Analysis bivariate for test difference significance podcast on knowledge and attitude teenagers daughter about anemia and use test Wilcoxon Because data distribution is abnormal. Test normality use test Shapiro Wilk with mark p-values 0,000 and 0,004. Matter This means data is No distributed normally. Interpretation results study use level trust of 95%, and level significance (a) is 0,05.

RESULTS AND DISCUSSION

Characteristics of Respondents

Table 1. Respondent Characteristic (n = 33)

No	Respondent Characteristic	Frequency	Percentage (%)
1	Age		
	12 Years	2	6,1
	13 Years	11	33,3
	14 Years	11	33,3
	15 Years	9	27,3
2	Parents Education Level		
	Primary School	14	42,2
	Secondary School	7	21,2
	High School	10	30,3
	Undergraduate	2	6,1
3	Parents Occupation		
	Laborer	14	42,4
	Farmer	2	6,1
	Fisherman	7	21,2
	Self-employed	9	27,3
	Civil Servant	1	3,0

Respondents are teenagers' daughters, as many as 33 people, with age respondents almost in part aged 13-14 years with a percentage of 33.3%. Characteristics level education people old respondents almost part educated SD with percentage 42,2%. Moreover, almost half is labor, as big as 42.4%.

Table 2. Average Knowledge of Young Women Before And After Receiving Intervention Podcast About Anemia

Variable	N	Mean ± SD	Min.-Max.
Before	33	4,76 ± 0,792	2-6
After	33	9,00 ± 0,612	10

Respondents are teenagers' daughters, as many as 33 people, the average knowledge before receiving the intervention podcast was 4,76, and after receiving the intervention podcast, the mark rate by rate knowledge increased to 9.00.

Table 3. Average Attitude of Young Women Before And After Receiving Intervention Podcast About Anemia

Variable	n	Mean ± SD	Min.-Max.
Before	33	30,91 ± 3,565	24-37
After	33	33,70 ± 3,087	23-40

Respondents are teenagers' daughters, as many as 33 people, rate attitude before receiving intervention podcast as big 30,91 and rate by rate attitude respondents after receiving intervention podcast as big 33,70.

Bivariate Analysis

Table 4. The effect of RAMIA Podcast on the Knowledge and Attitudes of Young Women Regarding Anemia in Junior High School 19 Kota Bengkulu

Variable	N	Sig. (2-Tailed)
Knowledge	33	0,000
Attitude	33	0,004

Results of the analysis in Table 4 state an increase in knowledge, namely 9.00, and attitude, 33.70, before getting the podcast media intervention. In the two-variable test, the results obtained were a p-value < 0.05, meaning that the RAMIA podcast affected young women's knowledge and attitudes regarding anemia.

DISCUSSION

Anemia includes issues in the health world, especially in countries that are developing. Results show an increase in the average value of knowledge and attitude about anemia through media podcasts. The podcast was shown three times in different episodes, and the link to YouTube was shared through group WhatsApp, Which increased the rate of knowledge from 4,76 to 9,00 and attitude from 30,91 to 33,70. Results in line with the study Fera, P. W, (2022) show enhancement knowledge student SDN 1 National Housing Corporation Earrings that is 40,0% (6 respondents) own knowledge Enough, as significant 86,7% (13 people) own knowledge Good after receiving media podcast. The result of the study That was carried out Also in accordance to study Maharani, Anggita, and Ratih Kurniasari (2022) on teenagers Of Junior High School 1 Lingsar in the year 2018, Which shows usage of video on knowledge and attitude teenagers increased rate by rate score pre-test (69,00) became mark post-test rate (87,38) acquisition increase rate by rate 18,38%.

According to a study Abidin, dan Widodo, S. (2018), media podcasts influence Which big and effective used in an activity study Muthmainnah et al, (2021) podcasts can increase the knowledge and attitude of teenagers. Laksmi, Safira, dan Helmi Yenie (2018), teenagers daughters knowledgeable less about anemia have a chance of 2,22 catching anemia daughters. This is in accordance with the study Maharani, Anggita, and Ratih Kurniasari (2022), Which shows that exists enhancement knowledge student Elementary school 1 National Housing Corporation Earrings with

40,0% (6 respondents) knowledgeable Enough before receiving media and 86,7% (13 respondents) knowledgeable Good after receiving media podcast.

According to Notoatmodjo, knowledge is an effect track that makes one want to know an individual about an object through her senses. Each person's knowledge is different Because each individual's perception of something object is the same Adiputra et al (2021). The rate attitude from 33 respondents increased from the before-intervention podcast to 30,91 and after-intervention to 33,70. Results This, in accordance with the study Fera, P. W, (2022) mention that the attitude teenagers of daughter to prevent anemia of the anemia of Hang Good Luck Surabaya experience enhancement and done with Good with amount 29 people with results 96,7%, one person with a percentage as significant 3,3%. Formation or factor can influence one's attitude that is above experience personal, impact from people other Which considered the impact, the impact of culture, media, educational Institutions, When Religion and factor other factors emotional. Attitude is a response to someone to something or an object and associated attitude with emotions (Azwar. S, 2013)

Results study by test analysis Wilcoxon obtained $p = 0,000$ and $0,004 < 0,05$ thus H_a influential promotion health through the podcast to knowledge and attitude teenagers Junior High School 19 City Bengkulu.

CONCLUSION

Anemia is a current issue among teenagers, especially teenage girls, because of the lack of knowledge about anemia. Study This increased the knowledge and attitude of teenage girls about anemia with media podcasts streaming from YouTube and shared through group WhatsApp. Study This uses social media, specifically YouTube, to increase teenagers daughters knowledge and attitudes regarding anemia. Results study This Can become a reference in educating teenagers with increased knowledge and attitude in field health, specifically about anemia in teenage girls with media podcasts.

Declaration of Interest Statement

The authors declare that they have no conflict of interests.

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