

EFEKTIVITAS *POP UP BOOK* TERHADAP PENGETAHUAN ANEMIA DI SMA NEGERI 1 GODEAN YOGYAKARTA TAHUN 2025

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INTISARI

Latar Belakang : Anemia merupakan salah satu masalah kesehatan yang umum dialami remaja, baik laki-laki maupun perempuan. Rendahnya asupan zat besi serta minimnya pengetahuan terkait anemia menjadi faktor risiko utama. SMA Negeri 1 Godean Yogyakarta belum pernah mendapatkan edukasi khusus mengenai anemia dengan media yang menarik dan interaktif seperti *Pop Up Book*.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui efektivitas media *Pop Up Book* dalam meningkatkan pengetahuan mengenai anemia di kalangan siswa SMA Negeri 1 Godean, serta menganalisis perbedaan tingkat pengetahuan sebelum dan sesudah diberikan edukasi berdasarkan usia dan jenis kelamin.

Metode Penelitian : Jenis penelitian ini adalah deskriptif kuantitatif. Populasi dalam penelitian ini adalah seluruh siswa kelas XI SMA Negeri 1 Godean Yogyakarta. Sampel penelitian berjumlah 68 siswa yang diambil menggunakan teknik *quota sampling*. Instrumen yang digunakan berupa kuesioner pengetahuan tentang anemia dan media edukasi *Pop Up Book*. Analisis data dilakukan secara univariat.

Hasil Penelitian : Dari 68 siswa, mayoritas responden termasuk kategori ≥ 17 tahun (91,2%) dan berdasarkan jenis kelamin mayoritas perempuan sejumlah 49 orang (72,1%). Sebelum edukasi mayoritas siswa berada pada kategori tingkat pengetahuan cukup sebanyak 33 orang (48,5%) dan tingkat pengetahuan kurang sebanyak 20 orang (29,4%). Setelah edukasi, seluruh responden (100%) masuk kategori tingkat pengetahuan baik. Rata-rata skor tingkat pengetahuan anemia meningkat dari 66,47 menjadi 93,82.

Kesimpulan : Terdapat peningkatan pengetahuan tentang anemia setelah diberikan edukasi menggunakan media *Pop Up Book* pada siswa kelas XI SMA Negeri 1 Godean Yogyakarta.

Kata Kunci : *Anemia, Pengetahuan, Pop Up Book*

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EFFECTIVENESS OF POP UP BOOK ON ANEMIA KNOWLEDGE IN STATE SENIOR HIGH SCHOOL 1 GODEAN YOGYAKARTA 2025

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ABSTRACT

Background : Anemia is one of the common health problems experienced by adolescents, both boys and girls. Low iron intake and lack of knowledge related to anemia are the main risk factors. SMA Negeri 1 Godean Yogyakarta has never received special education about anemia with interesting and interactive media such as Pop Up Book.

Objective : This study aims to determine the effectiveness of Pop Up Book media in increasing knowledge about anemia among SMA Negeri 1 Godean students, as well as analyzing differences in knowledge levels before and after education based on age and gender.

Methods : This type of research is descriptive quantitative. The population in this study were all 11th grade students of SMA Negeri 1 Godean Yogyakarta. The research sample amounted to 68 students who were taken using quota sampling technique. The instruments used were knowledge questionnaire about anemia and Pop Up Book educational media. Data analysis was done univariately.

Results : Of the 68 students, the majority of respondents belonged to the category ≥ 17 years (91.2%) and based on gender the majority were female as many as 49 people (72.1%) Before education, the majority of students were in the category of sufficient knowledge level as many as 33 people (48.5%) and lack of knowledge level as many as 20 people (29.4%). After education, all respondents (100%) were in the good knowledge level category. The average score of anemia knowledge level increased from 66.47 to 93.82.

Conclusion : There is an increase in knowledge about anemia after being given education using Pop Up Book media to class XI students of SMA Negeri 1 Godean Yogyakarta.

Keywords : *Anemia, Knowledge, Pop Up Book*

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