

**ABSTRAK**  
**PENGARUH EDUKASI GIZI BERBASIS WEBSITE TERHADAP  
PERILAKU PENCEGAHAN ANEMIA PADA REMAJA PUTRI DI SMP  
NEGERI 4 PONTIANAK**

Yenny<sup>1</sup>, Masmuri<sup>2</sup>, Nurul Hidayah<sup>3</sup>

<sup>1</sup>Mahasiswa STIKes YARSI Pontianak

<sup>2-3</sup>Dosen STIKes YARSI Pontianak

Email: [yennyjen2@gmail.com](mailto:yennyjen2@gmail.com)

**Abstrak**

**Latar Belakang** : Anemia merupakan masalah gizi yang masih banyak dialami oleh remaja putri, terutama akibat peningkatan kebutuhan zat besi selama masa pertumbuhan dan kehilangan darah saat menstruasi. Perilaku pencegahan anemia yang belum optimal menjadi salah satu faktor yang berkontribusi terhadap tingginya kejadian anemia pada remaja putri. Edukasi gizi berbasis website merupakan media yang dapat digunakan untuk mendorong perubahan perilaku pencegahan anemia karena mudah diakses dan fleksibel.

**Tujuan** : Penelitian ini bertujuan untuk mengetahui pengaruh edukasi gizi berbasis website terhadap perilaku pencegahan anemia pada remaja putri di SMP Negeri 4 Pontianak.

**Metode Penelitian** : Penelitian ini menggunakan desain *quasi experiment* dengan pendekatan *one group pretest–posttest*. Sampel penelitian berjumlah 173 remaja putri yang dipilih menggunakan teknik *stratified random sampling*. Pengukuran perilaku pencegahan anemia dilakukan menggunakan kuesioner. Analisis data dilakukan secara univariat dan bivariat. Uji normalitas menggunakan *Kolmogorov-Smirnov* dan analisis bivariat menggunakan uji *Wilcoxon*.

**Hasil** : Hasil penelitian menunjukkan bahwa perilaku pencegahan anemia remaja putri mengalami peningkatan setelah diberikan edukasi gizi berbasis website. Hasil uji *Wilcoxon* menunjukkan nilai  $p$  value = 0,000 ( $p < 0,05$ ), yang menandakan terdapat pengaruh signifikan edukasi gizi berbasis website terhadap perilaku pencegahan anemia pada remaja putri.

**Kesimpulan** : penelitian ini adalah edukasi gizi berbasis website berpengaruh signifikan dalam meningkatkan perilaku pencegahan anemia pada remaja putri di SMP Negeri 4 Pontianak.

**Kata Kunci** : Edukasi gizi, Perilaku pencegahan anemia, Remaja putri, Website

***The Effect of Website-Based Nutrition Education on Anemia Prevention Behavior among Adolescent Girls at SMP Negeri 4 Pontianak***

Yenny<sup>1</sup>, Masmuri<sup>2</sup>, Nurul Hidayah<sup>3</sup>

<sup>1</sup>Student of STIKes YARSI Pontianak

<sup>2-3</sup>Lecturers of STIKes YARSI Pontianak

Email: [yennyjen2@gmail.com](mailto:yennyjen2@gmail.com)

***Abstract***

***Background:*** Anemia remains a nutritional problem commonly experienced by adolescent girls, primarily due to increased iron requirements during growth and blood loss during menstruation. Suboptimal anemia prevention behavior is one of the contributing factors to the high prevalence of anemia among adolescent girls. Website-based nutrition education is a medium that can be used to encourage changes in anemia prevention behavior because it is easily accessible and flexible. ***Objective:*** This study aimed to determine the effect of website-based nutrition education on anemia prevention behavior among adolescent girls at SMP Negeri 4 Pontianak.

***Methods:*** This study employed a quasi-experimental design with a one-group pretest–posttest approach. A total of 173 adolescent girls were selected using stratified random sampling. Anemia prevention behavior was measured using a questionnaire. Data analysis was conducted using univariate and bivariate analyses. Normality testing was performed using the Kolmogorov–Smirnov test, and bivariate analysis was conducted using the Wilcoxon test.

***Results:*** The results showed that anemia prevention behavior among adolescent girls increased after receiving website-based nutrition education. The Wilcoxon test results showed a  $p$ -value of 0.000 ( $p < 0.05$ ), indicating a significant effect of website-based nutrition education on anemia prevention behavior among adolescent girls.

***Conclusion:*** Website-based nutrition education has a significant effect on improving anemia prevention behavior among adolescent girls at SMP Negeri 4 Pontianak.

***Keywords:*** Nutrition education, Anemia prevention behavior, Adolescent girls, Website