

Increasing Knowledge of Fruit and Vegetable Consumption to Prevent Anemia in TPA Children and Adolescents

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ABSTRACT

Adolescent girls are a group that is vulnerable to nutritional deficiency problems. Nutrients in the blood can be determined through hemoglobin levels. Foods that are high in vitamin C and vitamin A are fruits and vegetables. In addition to vitamins, fruits and vegetables also contain fiber, folic acid, and various minerals. Sufficient recommendations for fruit and vegetable consumption according to the Balanced Nutrition Guidelines (2014) for toddlers, pre-school age (5-6 years) and school-age children (6-12 years) are 300-400 grams per day. Based on the initial survey conducted on students of TPA Al Muttaqin Jegolan, Paron Ngawi, which was conducted by interview, there were 8 out of 11 students who did not understand about nutritional problems in adolescents. The target community service activities are students of TPA Al Muttaqin Jegolan, Paron Ngawi. The location of this community service implementation is at TPA Al Muttaqin Jegolan Paron Ngawi. Time of activity, the implementation of community service activities will be carried out in September 2023, with the aim of community service activities is to provide or add to the education of young women TPA Al Muttaqin Jegolan Paron Ngawi about consuming fruit and vegetables and nutritional problems in adolescents. When the pre-test and post-test were carried out regarding the knowledge of young women at TPA Al Muttaqin Jegolan Paron Ngawi before counseling was carried out about anemia, most of them had less knowledge as many as 19 people, 5 people had sufficient knowledge and 6 people had good knowledge, while the level of knowledge after counseling experienced an increase, namely respondents with a good level of knowledge as many as 20 people, enough knowledge as many as 7 people and less knowledge as many as 3 people.

Keywords: anemia, nutritional status, teenagers

ABSTRAK

Remaja putri merupakan kelompok yang rentan terhadap masalah kekurangan gizi. Nutrisi dalam darah dapat diketahui melalui kadar hemoglobin. Makanan yang tinggi vitamin C dan vitamin A adalah buah-buahan dan sayur-sayuran. Selain vitamin, buah dan sayur juga mengandung serat, asam folat, dan berbagai mineral. Anjuran kecukupan konsumsi buah dan sayur menurut Pedoman Gizi Seimbang (2014) untuk balita, usia pra sekolah (5-6 tahun) dan anak usia sekolah (6-12 tahun) adalah 300-400 gram per hari. Berdasarkan survei awal yang dilakukan terhadap siswa TPA Al Muttaqin Jegolan Paron Ngawi yang dilakukan melalui wawancara, terdapat 8 dari 11 siswa yang belum memahami tentang masalah gizi pada remaja. Sasaran kegiatan pengabdian kepada masyarakat adalah siswa TPA Al Muttaqin Jegolan, Paron Ngawi. Lokasi pelaksanaan pengabdian masyarakat ini di TPA Al Muttaqin Jegolan Paron Ngawi. Waktu kegiatan, pelaksanaan kegiatan pengabdian kepada masyarakat akan dilaksanakan pada bulan September 2023, dengan tujuan kegiatan pengabdian kepada

masyarakat adalah untuk memberikan atau menambah edukasi remaja putri TPA Al Muttaqin Jegolan Paron Ngawi tentang konsumsi buah dan sayur serta masalah gizi pada remaja. . Saat dilakukan pre test dan post test mengenai pengetahuan remaja putri di TPA Al Muttaqin Jegolan Paron Ngawi sebelum dilakukan penyuluhan tentang anemia sebagian besar memiliki pengetahuan kurang sebanyak 19 orang, pengetahuan cukup sebanyak 5 orang dan pengetahuan cukup sebanyak 6 orang. masyarakat mempunyai pengetahuan baik, sedangkan tingkat pengetahuan setelah dilakukan penyuluhan mengalami peningkatan yaitu responden dengan tingkat pengetahuan baik sebanyak 20 orang, pengetahuan cukup sebanyak 7 orang dan pengetahuan kurang sebanyak 3 orang.

Kata Kunci : anemia, status gizi, remaja

INTRODUCTION

Adolescence is a time of rapid changes in physical, cognitive and psychosocial growth. This period is a transition period from childhood to adolescence which is marked by many changes, including changes in muscle mass, body fat tissue, and hormonal changes. These changes affect nutritional needs. Apart from that, nutritional needs in adolescents are also influenced by psychological and social factors.⁴

Adolescent girls are one group that is vulnerable to nutritional deficiency problems. Nutrients in the blood can be determined through hemoglobin levels. Anemia occurs because hemoglobin levels are insufficient to function in the exchange of oxygen and carbon dioxide in tissues. Adolescent girls are one of the groups prone to suffering from anemia and many experience a lack of nutrients in their daily food consumption. Iron deficiency is considered the most common cause of anemia globally.⁹ In adolescent girls, especially those who have menstruated, iron nutrition problems often occur.⁸

Some causes of anemia include inadequate intake, trauma, infection, chronic bleeding, menstruation and a decrease or abnormality in cell formation. Another cause of anemia is a deficiency of micronutrients such as vitamin A. Vitamin A will affect the erythropoiesis process. Apart from vitamin A, vitamin C will affect the absorption of non-heme iron up to four times, so one way to increase Hb levels is by consuming foods that contain vitamin C.¹

Food ingredients that contain high levels of vitamin C and vitamin A are fruit and vegetables. Apart from vitamins, fruit and vegetables also contain fiber, folic acid and various minerals.² According to SDT results (2014), the 5-12 year old age group consumes an average of 34 grams of vegetables per day, while the 5-12 year old age group consumes fruit on average. 12 year olds consume an average of 26 grams per day. Recommendations for adequate fruit and vegetable consumption according to, for toddlers, pre-school age (5-6 years) and school-aged children (6-12 years) the adequacy is 300-400 grams per day.⁶

Based on an initial survey conducted on students at TPA Al Muttaqin Jegolan Paron Ngawi which was conducted through interviews, there were 8 out of 11 students who did not understand about nutritional problems in adolescents, and the results of the research the author was interested in doing community service with the title "Increasing Knowledge of Fruit and Vegetable Consumption to Prevent Anemia in Adolescent Girls at TPA Al Muttaqin Jegolan Paron Ngawi".

The aim of the community service activity is to provide or increase education for young women at Al Muttaqin Jegolan Paron Ngawi TPA about hemaglobin, the impact of hemoglobin deficiency on the body and dates as a food source that can increase hemoglobin

METHOD

The targets of community service activities are students at TPA Al Muttaqin Jegolan Paron Ngawi. The location for this community service is at Al Muttaqin Jegolan Paron Ngawi TPA. Activity Time: Implementation of community service activities will be carried out in September 2023. The aim of community service activities is to provide or increase the education of young women at Al Muttaqin Jegolan Paron Ngawi TPA about hemoglobin, the impact of a lack of hemoglobin on the body and dates as a food source that can increase hemoglobin.

RESULT AND DISCUSS

Community service begins with reviewing and analyzing data obtained from TPA Al Muttaqin Jegolan Paron Ngawi followed by identifying problems to determine the activities that will be provided. Then prepare a unit of outreach events, leaflets and materials on consuming dates to increase hemoglobin levels. Next, arrange permission for the community service location with the Village Head and Chair of Al Muttaqin Jegolan Paron Ngawi TPA. Implementation of outreach activities regarding Increasing Knowledge of Fruit and Vegetable Consumption to Prevent Anemia in Adolescent Girls at Al Muttaqin Jegolan Paron Ngawi TPA with outreach activities and distribution of leaflets.

In this service activity there were 30 female students involved, and the students seemed enthusiastic in listening to the lectures delivered by the presenters. There were several female students who asked questions related to the material presented, namely "why does anemia occur in young women?" "Why do teenagers experience anemia?", "What foods can increase hemoglobin levels?". It is hoped that the counseling delivered to activity participants can be applied in everyday life and can provide information or material to family and friends.

To find out the initial knowledge of young women at TPA Al Muttaqin Jegolan Paron Ngawi, an initial questionnaire was given about anemia and to find out the success of the counseling, an evaluation was carried out by filling out a questionnaire about knowledge of anemia.

The results obtained from the knowledge of young women at TPA Al Muttaqin Jegolan Paron Ngawi before the education about anemia was carried out, most of them had good knowledge, 6 people (20%), 5 people had good knowledge (16.7%) and 19 people had poor knowledge (63, 3%), while the level of knowledge after the counseling had increased, namely respondents with a good level of knowledge were 20 people (66.7%), 7 (23.3%) had sufficient knowledge and 3 (10%) had poor knowledge.



Figure 1. Photo of community service activities

CONCLUSION

Based on community service activities that have been carried out at Al Muttaqin Jegolan, it can be concluded that the activity was attended by 30 female students, where before the counseling about anemia was carried out, most of them had good knowledge, 6 people (20%), 5 people (16.7%) had sufficient knowledge.) and lack of knowledge as many as 19 people (63.3%), whereas after the counseling there was an increase with the level of good knowledge as many as 20 people (66.7%), sufficient knowledge as many as 7 (23.3%) people and poor knowledge as many as 3 (10%) people. There was interaction during the service activities, it was seen that the students were enthusiastic in participating in the activities and several questions were asked by the students

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