



UNIVERSITAS ANDALAS

**PENGARUH MEDIA EDUKASI *GAME IRON DEFENDERS* DAN
LEAFLET TERHADAP PERUBAHAN PENGETAHUAN DAN
SIKAP TENTANG MAKANAN SUMBER *INHIBITOR* ZAT BESI
SEBAGAI UPAYA PENCEGAHAN ANEMIA PADA REMAJA
PUTRI DI WILAYAH KERJA PUSKESMAS LUBUK BUAYA
TAHUN 2025**

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**PENGARUH MEDIA EDUKASI *GAME IRON DEFENDERS* DAN *LEAFLET*
TERHADAP PERUBAHAN PENGETAHUAN DAN SIKAP TENTANG
MAKANAN SUMBER *INHIBITOR* ZAT BESI SEBAGAI UPAYA
PENCEGAHAN ANEMIA PADA REMAJA PUTRI DI WILAYAH KERJA
PUSKESMAS LUBUK BUAYA TAHUN 2025**

xiv + 98 halaman, 22 tabel, 7 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui pengaruh media edukasi *game iron defenders* dan *leaflet* terhadap perubahan pengetahuan dan sikap tentang makanan sumber *inhibitor* zat besi sebagai upaya pencegahan anemia pada remaja putri di Wilayah Kerja Puskesmas Lubuk Buaya tahun 2025.

Metode

Penelitian ini menggunakan pendekatan kuantitatif desain *quasi-experimental* dengan rancangan *pre-test post-test with non-equivalent control group*. Lokasi penelitian dilaksanakan di SMP 34 Padang dan SMP 13 Padang. Sampel pada penelitian ini berjumlah 60 siswi yang terbagi ke dalam kelompok *game iron defenders*, kelompok *leaflet* dan kelompok kontrol. Analisis data terdiri dari analisis univariat dan bivariat seperti uji *wilcoxon*, uji *kruskal wallis*, dan uji *mann-whitney*.

Hasil

Hasil penelitian menunjukkan terdapat perbedaan yang signifikan terhadap pengetahuan dan sikap remaja putri sebelum dan sesudah edukasi gizi melalui media *game iron defenders* dan *leaflet* ($p\text{-value} < 0,05$) dengan kelompok kontrol ($p\text{-value} > 0,05$). Edukasi melalui media *game iron defenders* lebih tinggi dalam meningkatkan pengetahuan dan sikap yang dilihat dari nilai *gain game iron defenders* pada pengetahuan 0,56 (sedang) dan sikap 0,25 (rendah) dibandingkan dari nilai *gain leaflet*.

Kesimpulan

Pemberian edukasi menggunakan media *game iron defenders* lebih efektif dibandingkan dengan media *leaflet* ataupun tidak diberikan media dalam meningkatkan pengetahuan dan sikap siswi terkait pencegahan anemia.

Daftar Pustaka : 95 (2007-2025)

Kata Kunci : Anemia, Edukasi gizi, Inhibitor zat besi, *Leaflet*, Permainan edukatif

**FACULTY OF PUBLIC HEALTH
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**Undergraduate Thesis, September 2025
RISTI MARDHATILLAH PUTRI, NIM. 2111222006**

**THE EFFECT OF THE IRON DEFENDERS EDUCATIONAL GAME AND
LEAFLET MEDIA ON CHANGES IN KNOWLEDGE AND ATTITUDES
REGARDING IRON-INHIBITING FOODS AS AN EFFORT TO PREVENT
ANEMIA AMONG ADOLESCENT GIRLS IN THE LUBUK BUAYA PUBLIC
HEALTH CENTER WORKING AREA IN 2025**

xiv + 98 pages, 22 tables, 7 picture, 11 attachements

ABSTRACT

Objective

The objective of this study was to analyze the impact of educational interventions specifically the iron defenders game and leaflet media on improving knowledge and attitudes toward iron-inhibiting foods as part of anemia prevention efforts among adolescent girls in the Lubuk Buaya Health Center coverage area during the year 2025.

Method

This study employed a quantitative approach using a quasi-experimental design with a pre-test post-test non-equivalent control group. The research was conducted at SMP 34 Padang and SMP 13 Padang. A total of 60 female students participated in the study, divided into three groups: the iron defenders game group, the leaflet group, and the control group. Data analysis included univariate and bivariate analyses, such as the wilcoxon test, kruskal-wallis test, and mann-whitney test.

Result

The results of the study indicated a significant difference in the knowledge and attitudes of adolescent girls before and after receiving nutrition education through the iron defenders game and leaflet media ($p\text{-value} < 0,05$), compared to the control group ($p\text{-value} > 0,05$). Education delivered through the iron defenders game was more effective in improving knowledge and attitudes, as reflected in the gain scores: 0,56 (moderate) for knowledge and 0,25 (low) for attitude, which were higher than those achieved through the leaflet intervention.

Conclusion

Nutrition education delivered through the Iron Defenders game was more effective than leaflet-based education or no intervention in improving students' knowledge and attitudes regarding anemia prevention.

References : 95 (2007-2025)

Keywords : Anemia, Nutrition Education, Iron-Inhibiting Substances, Leaflet,
Educational Game