

# Pendidikan kesehatan multi method approaches pada anak usia sekolah dalam upaya mengatasi risiko anemia di Madrasah Ibtidaiyah "NH" Cimanggis Kota Depok = Health education multi method approaches at school age children to overcome anemia risk in Madrasah Ibtidaiyah "NH" Cimanggis Depok City

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## Abstrak

Pendidikan kesehatan multi method approaches bertujuan memberikan pemahaman pada anak usia sekolah terkait risiko anemia beserta faktor-faktornya dengan mengintegrasikan comprehensive school health model, family centre nursing model, dan school health promotion model yang mengutamakan pencegahan primer. Karakter anak yang cenderung berpikir konkrit, membuat anak belum memahami faktor-faktor penyebab anemia meliputi nutrisi, kebersihan diri, dan aktifitas–istirahat. Pelaksanaan pendidikan kesehatan multi method approaches, meliputi ceramah, permainan edukasi, diskusi, audiovisual, demonstrasi dan penugasan. Hasil aplikasi menggambarkan pengaruh positif terhadap penurunan risiko anemia. Kegiatan ini diharapkan dapat dikembangkan melalui metode lain, sehingga lebih efektif menurunkan risiko anemia pada anak usia sekolah di Indonesia.

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The purpose of health education multi method approaches is to give learning for school age children about risk of anemia and its factors with integrating models of comprehensive school health, family centre nursing and school health promotion, especially primary prevention. Child's thinking character is concretely, so they don't understand about factors of anemia as nutrition, personal hygiene, rest and activity. Multi method approaches using lecture, game education, discussions, audiovisual, demonstration, and an assignment. The result shows the positive influence to decrease risk of anemia. This activity is expected to be developed through other methods, so more effectively to reduce risk of anemia of school age children in Indonesia.