

## ABSTRACT

INGGRIT AYU MUSLIMAH, NIM : G2B013011, 2017. THE EFFECT OF COUNSELING TOWARDS THE KNOWLEDGE AND ADEQUACY LEVEL OF IRON, FOLIC ACID, SODIUM ON FEMALE ADOLSCENCE IN UNIMUS RESIDENCE. Supervisor I : Agustin Syamsianah, Supervisor II: Erma Handarsari, Nutrition Sciences Program University of Muhammadiyah Semarang.

**Background** : The cause of anemia in female adolescence mainly there is monthly period which require higher needs of iron and folic acid, whereas the nutrient intake is lower than daily need. The other nutritional problems experienced by female adolescence is excessive sodium intake which can lead to obesity or hypertension.

**Method** : The type of research is experimental with One Group Pretest – Posttest design. The sample of this research is 78 female adolescence who live in Unimus Residence. Statistical analysis is using Wilcoxon Test.

**Result** : The result shows the knowledge before the exposure of counseling about iron, folic acid and sodium is  $51,79 \pm 7,088$  with the majority of the score categorized as moderate 65,4% and the knowledge after the counseling is  $85,90 \pm 5,969$  and categorized as good. There is significant difference of knowledge after the exposure of counseling with the adequacy level of iron ( $p=0.000$ ). There is significant difference between the knowledge and adequacy level of folic acid before and after counseling ( $p = 0.000$ ). There is significant difference between the knowledge and adequacy level of sodium before and after counseling of female adolescence ( $p=0.000$ )

**Conclusions** : The counseling affect the level of knowledge and adequacy level of iron, folic acid sodium on female adolescence.

**Keywords:** Counseling, Knowledge, Adequacy Level Of Iron, Folic Acid And Sodium, Female Adolescence