



THE EFFECT OF THE FAGD (*FACUS GROUP DISCUSSION*) ON BEHAVIOR AND MOTIVATION IN ANEMIA SCREENING IN ADOLESCENT GIRLS (*REMATRI*) AT THE SEKERNAN ILIR HEALTH CENTER, MUARO JAMBI REGENCY IN 2025

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Abstract: Anemia problems are often found in adolescent girls, this is caused by an imbalance of nutrient intake with intake needs and iron deficiency which is needed for the formation of hemoglobin. The purpose is to find out whether there is an influence of FGD (Facus Group Discussion) on behavior and motivation in anemia screening in adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025. The type of research to be conducted is quantitative using a research design through a *cross sectional research approach*. This research will be conducted at the Sekernan Ilir Health Center, Muaro Jambi Regency in July 2025. The population in this study is all adolescent girls (rematri) who live in the work environment of the Sekernan Ilir Health Center, Muaro Jambi Regency as many as 146 adolescent girls. Meanwhile, the sample is all adolescent girls (rematri) who live in the work environment of the Sekernan Ilir Health Center, Muaro Jambi Regency. The determination of the sample was taken using the total sampling technique, namely sampling by making the entire population a research sample because it meets the criteria for the research sample, so the number of research samples was 146 adolescent girls. The method of collecting research data was carried out by observation, interviews, questionnaires and FGD (Facus Group Discussion) interventions. The analysis carried out on the research results was through univariate and bivariate analysis using the Wilcoxon Test and Paired t-test. The results of the study explained that there was an influence of FGD (Facus Group Discussion) on behavior and motivation in adolescent girls (Rematri) in screening for anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency.

Keywords: FGD, Behavior, Motivation, Anemia, Young Women

1. INTRODUCTION

Anemia problems are often found in adolescent girls, this is caused by an imbalance in nutrient intake with the need for iron intake and iron deficiency which is needed for the formation of hemoglobin. In adolescence, which at that time young women also experienced menstruation every month so that they needed nutritional intake to replace the blood that came out through the menstruation process. According to WHO, (2021) adolescent girls are a stage of development from the first time they show signs of maturity in secondary sexuality so that they require maximum food intake to support the growth and development of their sexuality tools. Adolescents are in the age range of 10-19 years, where at this age adolescent girls experience very maximum growth and development, including in their reproductive organs (WHO, 2021).

Anemia is a condition in which Hb levels in the blood are less than normal limits, often referred to as insufficient red blood cells to meet the needs of the body's physiological activity. Various things that can be caused by iron deficiency or anemia, one of which is that in adolescent girls it can result in the formation of cells of reproductive organs that are not maximal, while in pregnant women it can result in imperfect fetal growth. Other

impacts that can occur on adolescent girls due to anemia are decreased immunity, reproductive health, mentally impaired, stunted intelligence, decreased learning achievement, decreased fitness level, and failure to achieve maximum height, slow motor development, decreased concentration, and stunted growth of sexual organs (Ministry of Health of the Republic of Indonesia, 2023).

The causes of anemia can be categorized into two major parts, namely direct and indirect factors. Direct factors include, lack of vegetable consumption, lack of fruit consumption, lack of vegetable protein consumption, low consumption of foods high in iron, high habits of drinking tea and coffee at the same time as main meals, irregular diet, and irregular consumption of TTD (blood plus tablets). Anemia often occurs in individuals who in their growth and development require these substances as this happens in adolescent girls (Amir, 2019).

Rapid growth and development in adolescent girls requires more nutrients including iron, so it is estimated that adolescent girls are more susceptible to anemia. Young women often experience nutritional limitations and limit their food consumption. In addition, one of the causes of adolescent girls being prone to anemia is menstruation every month (Ratnawati, 2021).

According to Rahayu (2019), the cause of anemia in adolescent girls is that the consumption of plant foods in adolescent girls is high compared to animal foods so that Fe's needs are not met, often dieting (reducing eating) because they want to be slim to maintain their weight and adolescent girls experience menstruation every month which requires three times more iron than men.

There are various ways or efforts in order to prevent anemia in adolescent girls including providing education, counseling, providing iron, fortifying food and conducting screening or routine examinations for early detection of anemia. A similar study by Sinthike (2019) proves that the FGD (Focus Group Discussion) on girls in grade IX of SMP 2 Unggaran shows that the implementation of the FGD (Focus Group Discussion) program is effective in increasing students' knowledge about anemia prevention by increasing knowledge. It is hoped that a good understanding by the young women will have an impact on the behavior and motivation of young women in screening for anemia to prevent anemia.

FGD (Focus Group Discussion) is one of the methods of nutrition education and counseling that is effectively used to convey information or knowledge. Focus Group Discussion (FGD) is a process of collecting information on a specific problem that is very specific through group discussions (Irwanto, 2006). FGD (Focus Group Discussion) is a way to collect data on an object that is being discussed with the aim that by conducting FGD (Focus Group Discussion), there will be changes to a goal to be achieved (Krueger and Casey, 2015).

The FGD (Focus Group Discussion) method is one of the learning methods in the form of group discussions that direct students to express their opinions about the learning topics studied as information material in solving a problem. Through this method, students actively play a role in the learning process and train students to speak up and express their opinions. Focus Group Discussion itself is a discussion that is carried out systematically and directed about a certain issue or problem, by encouraging students or discussion participants to dare to speak openly and spontaneously about things that are considered important related to the topic of discussion at that time. By forming a group (from a group) of respondents to explore various information in the form of perceptions, opinions, understandings, beliefs, attitudes, concepts and ideas from group members (Moeliono, 2018).

Focus group discussion is intended to assess a person's attitude and behavior in dealing with problems or situations outside of him. Seeing problems, communicating the

contents of their thoughts, but still being able to respect the opinions of others and take a stance on the situation. Discussion participants influence each other on the ideas and responses expressed in the discussion. So that it can direct students to solve a problem topic. The occurrence of behavior change towards positive behavior is the purpose of FGD (Focus Group Discussion) in finding and finding solutions to a problem (Moeliono, 2018).

Behavior is a form of real action or a set of activities carried out by a person in response to stimuli or stimuli both from within and outside him. Okviana (2015) in her book explains that behavior is everything a biological manifestation of humans in interacting with the environment ranging from what is visible to the eye to what is invisible, from what can be felt and what is not. The behavior of adolescent girls in conducting anemia screening is a form of action taken in adolescent girls in detecting anemia early and to find out the factors that cause adolescent girls to experience anemia.

According to research conducted by Kaimudin (2017) through the title of his research on screening and determinants of anemia incidence in adolescent girls of SMA Negeri 3 Kendari, the results were obtained that the incidence of anemia in adolescent girls was around 41.7%, there was a relationship between eating habits, nutritional status, vitamin A and vitamin C intake and the incidence of anemia in adolescent girls of SMA Negeri 3 Kendari. The behavior possessed by the young woman occurs because of the inner urge to do an intention or response in a tangible form. This encouragement or motivation is very important to be grown in young women so that they want to do anemia screening.

Motivation is a physiological and psychological condition that exists in a person that encourages them to do a certain activity in achieving a goal or goal according to their needs (Djaali, 2013). Motivation for anemia screening is a form of encouragement that a person has to do early detection of the incidence of anemia that occurs rather than himself. Anemia screening is carried out by adolescent girls to detect the incidence of anemia early and can prevent negative impacts on health, especially in vulnerable groups such as adolescent girls and pregnant women (Djaali, 2013).

Based on Harahap's research, (2019) on the title of the research on the influence of maternal motivation and knowledge on anemia examination during pregnancy in Huta Holbung Village, South Tapanuli Regency, explained that there is an influence between motivation and knowledge on anemia examination during pregnancy in Huta Holbung Village, South Tapanuli Regency. Mothers who did not have pregnancy anemia checks, namely 42 people (85.7%) experienced anemia, and mothers who did anemia checkups routinely during pregnancy, namely as many as 7 people (14.3%) were not detected to have anemia.

The application of the focus group discussion method in this study includes two main complementary dimensions, namely the exploration dimension and the intervention dimension. The exploration dimension functions to dig deeper into the factors that affect motivation and the intervention dimension is the conduct of a Focus Group Discussion on adolescent girls (rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency. The implementation of FGD (Focus Group Discussion) at the Puskesmas on young women is also expected to obtain data on how behavior and motivation in adolescent girls in conducting anemia screening. The results of the research can be used to find problems and solutions to problems that cause adolescent girls to not fully want to do anemic skiing.

Related research that has been conducted by Trusulo et al, (2023) says that by conducting Focus Group Discussions, it can increase students' learning motivation and activeness in students' daily morning devotional activities. Likewise, the research conducted by Fitrianti, (2022) explained that with the FGD (Focus Group Discussion), the consumption of TTD increased from the previous 10.5% to 84.2%, the increase in the selection of the right type of food to prevent anemia from the previous 52.6% to 78.9%, the

increase in vegetable protein consumption from the previous 52.6% to 84.2%, the increase in vegetable consumption from the previous 36.8% to 84.2%, An increase in fruit consumption from 5.3% to 47.4%, an increase in the frequency of eating from 42.1% to 68.4%, and advocacy was positively received by the school.

Situmorang's research, (2019) also stated that through FGD (Facus Group Discussion) conducted to students, it can eliminate anxiety so that students can take competency exams with good motivation. The same research was also conducted by Rzuki et al (2025) explaining that through FGD (Facus Group Discussion) conducted to MSME participants in Tanjung Tambak Village, they have been able to increase motivation by finding the causes of fatigue and finding solutions to increase the motivation of these MSME participants.

The Sekerman Ilir Health Center, Muaro Jambi Regency is a health center located in the Sekerman District area. This Puskesmas provides basic health services such as maternal and child health services, general basic health services and other health services in accordance with the standards or main programs of the Puskesmas such as public health efforts programs and individual health efforts. The Sekerman Health Center, Muaro Jambi Regency, also has priority programs according to the direction of the Indonesian Ministry of Health, (2021), namely stunting prevention programs, reducing maternal and infant mortality, increasing immunization coverage, tackling tuberculosis, and controlling infectious and non-communicable diseases.

The results of direct observation by the researcher at the research location were that the researcher found the incidence of anemia in adolescent girls in the Sekerman Ilir Health Center, Muaro Jambi Regency. Researchers also saw that almost no young women had been screened for anemia during this time. Young women think that anemia is a common problem and often occurs in young women and is not something to worry about because young women think that even if they have anemia, they can still carry out their usual daily activities. Researchers also found that there was a lack of motivation or encouragement from the young women themselves to do screenings for anemia. Young women also said that screening for anemia requires money and time, so they prefer to work and do activities as usual.

Researchers also asked 10 young women about the reasons or problems why they did not do anemia screening. Researchers found the answer that the average adolescent girl thinks that anemia is not a disease or problem to be feared because even though they suffer from anemia, they can live as usual without anyone interfering with their activities. Young women also say that anemia itself will heal as they get older, so anemia in their time is still normal and does not affect their daily life activities.

The researcher also conducted a survey of adolescent girls at the Sekarman Ilir Health Center related to adolescents' motivation and behavior about skiring anemia. Researchers found data that adolescent girls lack motivation to screen for anemia. Researchers found data that almost all young women had never been screened for anemia so far. The reason young women are so good at screening for anemia is that it's not really important to do it, because based on their knowledge it's not really important for health.

Based on the above phenomenon, the researcher is interested in conducting a study entitled "The Influence of FGD (Facus Group Discussion) on Behavior and Motivation in Anemia Screening in Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025". This study aims to find out whether there is an influence of FGD (Facus Group Discussion) on behavior and motivation in anemia screening in adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025.

2. METHODS

This type of researcher is a quantitative research using a correlation study research design through a *cross sectional* research approach. The methods used were observation, interview, questionnaire and FGD (Facus Group Discussion) intervention. Observations were carried out to observe firsthand how the respondents' behavior and motivation were after the FGD (Facus Group Discussion). Interviews were conducted with respondents to obtain information about the extent to which respondents understood anemia screening and what problems caused respondents not to do anemia screening. FDG (Facus Group Discussion) was conducted to a group of young women living in the Sekerman Ilir Health Center, Muaro Jambi Regency. FGD (Facus Group Discussion) is held every week on Saturday night. The researcher wanted to see if there was an influence of adolescent girls' behavior and motivation in screening for anemia after FGD (Facus Group Discussion) The research questionnaire contained motivation and behavior of respondents.

The research is planned to be carried out in Sekernan Ilir Health Center, Muaro Jambi Regency. This location was chosen because of the discovery of phenomena related to the title of the study, namely adolescent girls who experience anemia, low motivation of adolescent girls for anemia screening and non-adaptive behavior to anemia screening. The research was conducted for 4 weeks in July 2025. The following is a schedule for the research highlights carried out starting from the collection of research background data until the collection of data on research results is completed.

The population in this study is all adolescent girls (rematri) who live in the work environment of the Sekernan Ilir Health Center, Muaro Jambi Regency. The population data obtained by the researcher from the research location related to the number of adolescent girls as many as 146 young women with age criteria of 10 to 19 years according to the classification of age division according to WHO, (2023). The sampling technique according to Sugiyono, (2016) is a sampling technique, to determine the sample to be used. In this study, the sampling technique is used based on population, by using the total population, where the entire population in the study is used as a research sample. Through this sample determination technique, the number of samples in this study is 146 people.

The instruments used in this study are interview guides, FGD implementation guidelines (Facus Group Discussion), questionnaires and observation sheets. The interview guide was compiled to explore how far young women understand anemia screening. This interview guide is brought during each FGD (Facus Group Discussion) carried out in the research group. The research questionnaire consisted of questionnaire sheets on adolescent girls' behavior and motivation towards Armenian screening.

Data collection in this study was carried out to obtain the data needed to achieve the research objectives. The data collection methods used in this study are observation, interview, and intervention methods. Observations were carried out to observe firsthand how the respondents' behavior and motivation were after the FGD (Facus Group Discussion). Interviews were conducted with respondents to obtain information about the extent to which respondents understood anemia screening and what problems caused respondents not to do anemia screening. FDG (Facus Group Discussion) was conducted to a group of young women living in the Sekerman Ilir Health Center, Muaro Jambi Regency. FGD (Facus Group Discussion) is held every week on Saturday night. The researcher wanted to see if there was an influence on the behavior and motivation of adolescent girls in screening for anemia after the FGD (Facus Group Discussion).

This study also collected primary and secondary data at the time of the study. Primary data is data obtained by the research directly from the respondents at the time the research took place. Meanwhile, secondary data is data obtained by researchers indirectly from respondents. Secondary data can be obtained by researchers from the research

location, related information from the Puskesmas and data on adolescent girls from the head of the environment and other related agencies.

The results of data processing will be presented in the form of a frequency distribution table and an explanation of the research results in the form of a brief narrative to the explanation of the table of each variable that has been studied. The data that has been collected through filling out the questionnaire sheet will then be processed using univariate and bivariate analysis with computerization. Data analysis was conducted univariately to get an overview of the frequency distribution of respondents. This analysis is used on each independent variable and dependent variable. Univariate analysis aims to see the picture of each variable to be studied. Univariate analysis is presented in the form of tables and narratives.

Bivariate analysis aims to find out How much influence is raised from the variables studied, both independent and dependent variables. Bivariate analysis to analyze an influence of FGD (Facus Group Discussion) on behavior and motivation in anemia screening in adolescent girls at the Sekernan Ilir Health Center, Muaro Jambi Regency. Bivariate data analysis was processed through the Wilcoxon Test and Paired t-test

3. RESULTS AND DISCUSSION

Frequency Distribution of Adolescent Female Characteristics (rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=146)

Characteristics Respondents		Quantity	
		(n)	(%)
Adolescent Age (Ministry of Health of the Republic of Indonesia)			
1	Early Teens (10-12 years old)	10	6.8
2	Intermediate Youth (13-15 years old)	112	76.7
3	Late Teens (16-19 years old)	24	16.5
Total		146	100
Religion			
1	Islam	126	86.3
2	Christian	20	13.7
Total		146	100
Education			
1	SD	10	6.8
2	Junior High School	112	76.7
3	High School	24	16.5
Total		146	100

The results of the research on the collection of data on the characteristics of Adolescent Women (rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency were obtained from the data of the majority of respondents in the age range of adolescent middle adolescents (13-15 years) as many as 112 adolescent girls or as many (76.7%) then the minority of respondents were in the age range of early adolescents (10-12 years) as many as 10 adolescent girls or around (6.8%). Based on religion, the majority of respondents were Muslim as many as 126 young women or as many as (86.3%), then the Christian minority was 20 young women or around (13.7%). Based on education, the majority of respondents are at the junior high school education level as many as 112 adolescent girls or as many (76.7%) then the minority of respondents are at the elementary education level as many as 10 adolescent girls or around (6.8%).

Distribution of the frequency of FGD (Facus Group Discussion) for Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=146)

Implementation of FGD	Frequency (<i>f</i>)	Percentage (%)
Good	17	11.6
Less	129	88.4
Quantity	146	100

The table explaining the implementation of FGD (Facus Group Discussion) on Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency shows that the majority of young women are in the category of FGD implementation as much as 129 people (88.4%), then fewer adolescent girls in the FGD implementation category are in the good category as many as 17 people (11.6%).

Distribution of behavioral frequencies in adolescent girls (Rematri) in anemia screening in adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=146)

Young Women Behavior	Frequency (<i>f</i>)	Percentage (%)
Good	12	8.2
Less	134	91.8
Quantity	146	100

The table explaining the behavior of adolescent girls (Rematri) in anemia screening in adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency shows that the majority of adolescent girls are in the category of poor behavior as many as 134 people (91.8%), then fewer adolescent girls have good behavior in conducting anemia screening as many as 12 people (8.2%).

Distribution of motivation frequency in Adolescent Girls (Rematri) in anemia screening in Adolescent Girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=146)

Young Women Motivation	Frequency (<i>f</i>)	Percentage (%)
Good	15	10.2
Less	131	89.8
Quantity	146	100

The table explaining the motivation of adolescent girls (Rematri) in screening for anemia in adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency shows that the majority of adolescent girls are in the category of low motivation as many as 131 people (89.8%), then fewer adolescent girls have good motivation in conducting anemia screening as many as 15 people (10.2%).

The Effect of FGD (Facus Group Discussion) on Behavior in Adolescent Girls (Rematri) in Adolescent Girl Anemia Screening (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=146)

Implementation of FGD	Behavior		Total	<i>P Value</i>
	Good	Less		
Good	2	15	17	0,013
Not Good	10	119	129	
Total	12	134	146	

Based on the table explaining how the influence of FGD (Facus Group Discussion) on behavior in Adolescent Women (Rematri) in the screening of anemia of Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency, explained that there is an effect of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.013$.

The Effect of FGD (Facus Group Discussion) on Motivation in Adolescent Women (Rematri) in Anemia Screening in Adolescent Girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025 (n=46)

	Motivation		Total	<i>P Value</i>
	Good	Not Good		
Implementation of FGD				
Good	4	9	17	
Not Good	5	94	129	0,012
Total	15	131	146	146

Based on the table explaining how the influence of FGD (Facus Group Discussion) on behavior in Adolescent Women (Rematri) in the screening of anemia of Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency, explained that there is an effect of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.012$.

DISCUSSION

This chapter will explain the discussion of the research results obtained on previous theories and research as well as the opinions or assumptions of researchers on the gaps that occur in the research site:

Characteristics of Adolescent Women (rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025.

Based on the characteristics of adolescent girls (rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency, data was obtained that the majority of respondents were in the age range of adolescent middle adolescents (13-15 years) as many as 112 adolescent girls, then the minority of respondents were in the age range of early adolescents (10-12 years) as many as 10 adolescent girls. Based on religion, the majority of respondents were Muslim as many as 126 young women or as many as (86.3%), then the Christian minority was 20 young women. Based on education, the majority of respondents were at the junior high school education level as many as 112 young women, then the minority of respondents were at the elementary education level as many as 10 young women.

According to Notoatmodjo's theory, age greatly affects a person's mindset, the older you get, the more your mindset changes, so that it affects a person's behavior in responding to everything (Maharani, 2023).

In his research according to (Desanti & Ariusni, 2021) that the age variable has a positive and significant influence, according to (Febianti et al., 2023) the age level is very influential related to a person's ability, Previous research found that the results of research (Satriyanto et al., 2024) found that age is related to a person's ability to increase maturity in behavior which basically increases the age of a person the more mature a person will be and the more mature a person will be. absorb a lot of information that can increase knowledge, age affects a person's ability to grasp and mindset, so that the knowledge they gain is getting better (Atik Winingsih, 2023).

The researcher's assumption related to age is that age is something that can affect a person's knowledge, abilities and experiences. It is hoped that as a person gets older, it is possible that the person will understand something more and is considered to understand more about a direction and actions for changes in his life.

Researchers' assumptions about religion Religion is not a very absolute thing that can affect a person's behavior. Religion is only considered as a pattern of relationship that must be maintained with its God. Even if a person embraces his religion properly and correctly, it does not mean that a person will have good behavior towards anemia screening.

Researchers' assumptions based on Education Is Education is one of the ways a person acquires knowledge. Through education, a person can get various kinds of knowledge, information and experience in understanding something. It is hoped that by having a high level of education, they will have good behavior towards anemia screening in adolescent girls.

Implementation of FGD (Facus Group Discussion) on Adolescent Women (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025.

The results showed that the majority of young women were in the category of implementing FGD less by 129 people (88.4%) then fewer young women implementing FGD were in the good category as many as 17 people (11.6%).

According to Anita, (2021) Focus Group Discussion (FGD) is a type of discussion aimed at exploring the attitudes, feelings, reactions, and experiences of respondents related to certain issues. These aspects are often difficult to obtain through other methods such as interviews. Irwanto (Qotrun: 2021) explained that Focus Group Discussion (FGD) is a data collection method that involves groups in structured discussions to explore certain issues.

Situmorang's research, (2019) also stated that through FGD (Facus Group Discussion) conducted to students, it can eliminate anxiety so that students can take competency exams with good motivation.

Based on the researchers' observations at the research site, it was seen that the lack of awareness of young women in participating in the FGD (Facus Group Discussion) was good according to the time and group that had been shared before the FGD (Facus Group Discussion) began. Researchers also found that young women were less interested in the topic to be presented. Young women feel that it is not too important to participate in the FGD (Facus Group Discussion).

The researcher's assumption on the results of the study is that the lack of interest and intention of young women in the implementation of FGD (Facus Group Discussion) greatly affects the arrival of information that will be discussed during the FGD. Young women consider that the implementation of FGD is not very important and can be done anytime and anywhere.

Behavior in Adolescent Girls (Rematri) in Anemia Screening in Adolescent Girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025.

Results Research related to adolescent girls' behavior about anemia screening obtained results that the majority of adolescent girls were in the category of poor behavior as many as 134 people, then fewer adolescent girls had good behavior in conducting anemia screening as many as 12 people.

Behavior is a set of actions or actions of a person in responding to something and then made a habit because of the value that is believed. Human behavior is essentially the actions or activities of human beings, both observed and unobservable, by human interaction with their environment which is manifested in the form of knowledge, attitudes, and actions. More rational behavior can be interpreted as the response of an organism or a person to stimuli from outside the subject. This response is formed in two types, namely the passive form and the active form where the passive form is an internal response, which

occurs in humans and cannot be directly seen from others, while the active form is if the behavior can be observed directly (Triwibowo, 2015).

A similar study was also conducted by Fitri & Kurnia, (2023) explaining that health education with the Method *Focus Group Discussion* affect the knowledge of students in Grades IV, V, and VI about preparation in facing menarche". The study concluded that there is a significant influence between knowledge before and after being given health education about *Menarche* by the *Focus Group Discussion* where the value *p value* knowledge = 0.000 small of the Alpha value ($P < 0.05$).

Based on the questions and answers conducted by the researcher during the research, adolescent girls have less behavior in conducting anemia screening because young women consider this behavior not too important to be done often. The anemia screening should only be done when a person suffers from anemia.

The researchers' assumption of the research results is the need for a high awareness of adolescent girls to screen for anemia, because it can prevent adolescent girls from getting anemia early. Young women also need to be aware that their current growth conditions are those that require a lot of iron intake to avoid anemia. If young women understand this, then young women are expected to screen for anemia.

Motivation for Adolescent Girls (Rematri) in Anemia Screening in Adolescent Girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025

The results of the study related to the motivation of adolescent girls in carrying out skinning anemia obtained the results that the majority of adolescent girls were in the category of low motivation as many as 131 people, then fewer young women had good motivation in conducting anemia screening as many as 15 people.

Motivation comes from the Latin to move which means the urge from within humans to act or behave. Motivation is an impulse that exists in a person to try to fulfill goals and needs, in an effort to create a balance in one's life which is manifested in the form of behavior (Dwi, 2016). A person's actions or actions are supported by a force from within him. The impulse that comes from a person to do something is called a motive. Motive, in other words, is a form of thought or feeling that works to encourage a person to take a certain action at a certain time (Evilastama, 2018).

The same research was also conducted by Rzki et al (2025) explaining that through FGD (Facus Group Discussion) conducted to Tanjung Tambak Village MSME participants, it has been possible to increase motivation by finding the causes of fatigue and finding solutions to increase the motivation of these MSME participants.

Based on the results of the questions and answers conducted by the researcher on the respondents, namely to adolescent girls, it was stated that there was a lack of motivation that adolescent girls had to carry out anemia screening. Young women never think at all about routinely screening for anemia. Young women only do screening when there are problems in their bodies such as stiffness, weakness and lack of enthusiasm, then young women will do an examination at the nearest health service.

The researcher's assumption is that the lack of motivation of adolescent girls results in a lack of intention of adolescent girls to screen for anemia. The motivation that young women have comes from within themselves who feel that anemia screening is not very important. There is also a lack of motivation from families for young women to do the anemia screening.

The Effect of FGD (Facus Group Discussion) on Behavior in Adolescent Women (Rematri) in Adolescent Female Anemia Screening (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025.

Based on the table explaining how the influence of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Regency, Jambi explained that there was an influence of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.012$.

Anemia screening in adolescent girls is an effort to detect anemia early through examination of hemoglobin (Hb) levels and is generally accompanied by education and blood supplement tablets (TTD). The main goal is to detect anemia early in adolescent girls so that they can be treated and prevented from progressing to anemia during pregnancy, which is a fatal risk to both mother and baby.

Adolescent screening includes physical health screenings (such as nutritional status, blood pressure, eyes, and ears), early detection of non-communicable diseases (such as adolescent anaemia in adolescent girls, tuberculosis, and cancer), and screening for mental health and behavioral risks (such as depression, anxiety, bullying, substance abuse, and sexual health). This check is important to detect problems as early as possible so that they can be handled appropriately.

Likewise, the research conducted by Fitranti, (2022) explained that with the FGD (Facus Group Discussion), the behavior in TTD consumption increased from the previous 10.5% to 84.2%, the increase in the selection of the right type of food to prevent anemia from the previous 52.6% to 78.9%. The increase in the frequency of eating from the previous 42.1% to 68.4%, and the advocacy was positively received by the school.

The researcher's assumption on the research results is that the implementation of FGD greatly affects the behavior of adolescent girls in anemia screening. This is because if young women are willing and active in the FGD activities that have been carried out, then young women must understand what anemia screening is for. If young women have a good understanding of anemia screening, it can be ensured that young women have good behavior towards anemia screening.

The Effect of FGD (Facus Group Discussion) on Motivation in Adolescent Women (Rematri) in Anemia Screening in Adolescent Girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency in 2025

Based on the table explaining how the influence of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Regency, Jambi explained that there was an influence of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.013$.

The effect of *Focus Group Discussion* (FGD) on the motivation of adolescent girls for anemia screening is to increase their awareness, understanding, and willingness to self-check. Through group discussions, adolescents can share experiences, get the right information about anemia, and understand the risks and impacts such as decreased academic achievement, which encourages them to proactively seek prevention through screening.

The influence of FGDs on young women's motivation is to increase awareness and knowledge: FGDs provide a forum for discussion that allows young women to share experiences and ask questions. This helps them be more aware of the risk of anemia, especially related to menstruation and iron deficiency.

Increase understanding of the impact of anemia. Through FGD, it can educate about the negative impact of anemia on daily life, such as difficulty concentrating, fatigue, and decreased learning achievement. This knowledge is a trigger to be motivated to prevent

and overcome anemia. Encourage willingness to screen: With a better understanding, young women will be more motivated to proactively screen for anemia. Screening aims for early detection, so that treatment can be carried out immediately.

Building social support: FGDs create a supportive environment where teens feel not alone in dealing with these health issues. They can encourage each other and encourage each other to take part in screenings and maintain health. Removing stigma: Open discussions in FGDs can help reduce the shame or stigma that may arise related to health and anemia screening, so they are more open to seeking medical help.

Related research that has been conducted by Trusulo et al, (2023) says that by conducting Focus Group Discussions, it can increase students' learning motivation and activeness in students' daily morning devotional activities.

Based on observations made directly at the time of the study, it was explained that FGD conducted on young women can increase the knowledge of young women about the importance of screening for anemia in adolescence. Young women also understand when the schedule for the implementation of anemia screening is appropriate, when it is carried out and what the procedure for implementing anemia screening is like, all of these things were obtained by young women when participating in the implementation of FGD that had been carried out during the research.

The researcher's assumption is that the implementation of FGD also greatly affects the motivation of adolescent girls in conducting anemia screening. Lack of motivation in young women can come from inside and outside young women, both of these things are not felt by young women so that young women lack motivation to do anemia screening

4. CONCLUSIONS

Based on the results of the analysis and discussion of the research results, it can be concluded that:

1. The majority of respondents were in the age range of adolescent middle age (13-15 years) as many as 112 adolescent girls, the majority of respondents were Muslim as many as 126 adolescent girls, the majority of respondents were at the junior high school education level as many as 112 adolescent girls.
2. The majority of young women were in the category of FGD implementation with less than 129 people, then fewer young women implementing FGD were in the good category of 17 people.
3. The majority of young women were in the category of poor behavior as many as 134 people, then fewer young women had good behavior in conducting anemia screening as many as 12 people.
4. The majority of young women were in the category of motivation lacking as many as 131 people, then fewer young women had good motivation in conducting anemia screening as many as 15 people.
5. There was an effect of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.013$.
6. There was an effect of FGD (Facus Group Discussion) on behavior in adolescent girls (Rematri) in the screening of anemia of adolescent girls (Rematri) at the Sekernan Ilir Health Center, Muaro Jambi Regency with a value of $P = 0.012$.

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