

### **1.4.2 Aspek Praktis**

Penggunaan praktis dari hasil penelitian ini adalah:

1. Bagi peneliti, hasil penelitian ini diharapkan bisa memberikan informasi tentang pentingnya menjaga gizi seimbang untuk mencegah anemia, yang dapat memengaruhi aktivitas dan performa belajar.
2. Bagi institusi pendidikan, menjadi dasar untuk menyusun program atau kegiatan yang dapat meningkatkan kesadaran mahasiswi tentang pentingnya pola makan sehat dan pencegahan anemia.
3. Bagi masyarakat, dapat memberikan informasi yang dapat meningkatkan kesadaran masyarakat, khususnya orang tua dan keluarga mahasiswi, tentang pentingnya menjaga status gizi yang baik untuk mencegah anemia

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