

ABSTRACT



ESA UNGGUL UNIVERSITY
FACTULY OF HEALTH
MAJORING NUTRITION
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Ajeng Widhia Eka Nugraha

GIVING EFFECT OF THE AUDIOVISUAL MEDIA ABOUT VEGETABLES DAN FRUIT OF KNOWLEDGE, ATTITUDES AND INTAKE OF VEGETABLES AND FRUIT IN ADOLESCENTS SMPN 4 SETU, BEKASI.

VI Chapters, 65 pages, 3 pictures, 18 Tabela,

Background: Consumption of fruits and vegetables of the Indonesian population is still below the recommended consumption, especially in school-age children or adolescents.

Purpose: Know the effect of audiovisual media about vegetables and fruit of knowledge, attitudes and the intake of vegetables and fruits in adolescents SMPN 4 Setu, Bekasi.

Methods: This research is a *quasi experiment* with the design of the *two group pre-test and post-test*. The respondents are the students at SMPN 4 Setu, number of respondents as much as 64 respondents. The data collected by the questionnaire *pre-test* and *post-test* and *food recall 2x24* hours and analyzed with test *Paired Sample T-test* and test the *Independent Sample T-test* with alternative *Wilcoxon* test.

Results: The research results using *Paired Sample t-test* of effect media video against the knowledge level ($p < 0.05$) and the attitude of ($p < 0.05$) on the group treatment. Whereas in the control group no influence with the value of the knowledge ($p > 0.05$) and the attitude of ($p > 0.05$). For fruit intake on the treatment group there was an increase in the value of $p = 0.002$, while for the intake of vegetables using *wilcoxon* test there are increased with the value of $p = 0.001$. While in the control group there was no significant difference between the intake of fruit and vegetables with the value ($p > 0.05$). On the *Independent t-test* there is a difference between the knowledge ($p = 0.0001$) and the attitude of ($p = 0.0001$) between treatment groups with control groups.

Conclusion: There is the effect of media video to knowledge, attitudes and the intake of vegetables and fruit on adolescents in SMPN 4 Setu.

Keywords : Consumption of fruits and vegetables, Knowledge, Attitudes and Video.

Reading List : 80 (1996 – 2015)