

ABSTRAK



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PENGARUH PENDIDIKAN GIZI MELALUI MEDIA SOSIAL (*LINE*) TERHADAP PERUBAHAN PENGETAHUAN DAN SIKAP TENTANG GIZI SEIMBANG DI SMA NEGERI 9 JAKARTA

xvi + 94 halaman, VI Bab, 5 tabel, 12 gambar, 6 Lampiran

LATAR BELAKANG: Pendidikan gizi merupakan suatu upaya untuk mengadakan perubahan pengetahuan, sikap maupun keterampilan dalam hal konsumsi makanan. Untuk memperoleh hasil yang efektif diperlukan alat bantu atau media pendidikan.

TUJUAN: Mengetahui pengaruh pendidikan gizi melalui media sosial (*Line*) terhadap perubahan pengetahuan dan sikap tentang gizi seimbang di SMAN 9 Jakarta.

METODE PENELITIAN: Desain penelitian *cross sectional*, dengan sampel berjumlah 61 siswa kelas XI. Data karakteristik (usia dan jenis kelamin), pengetahuan dan sikap (hasil *pre-test* & *post-test*) diperoleh melalui wawancara menggunakan kuesioner *online*. Uji statistik yang digunakan ialah *Paired Sample Test*.

HASIL: Responden dengan jenis kelamin perempuan berjumlah 33 orang (54.1%) dan laki-laki berjumlah 28 orang (45.9%). Responden yang berusia 15 tahun sebanyak 2 orang (3.3%), 16 tahun sebanyak 54 orang (88.5%), dan 17 tahun sebanyak 5 orang (8.2%). Rata-rata skor pengetahuan tentang gizi seimbang sebelum dan sesudah pendidikan gizi melalui sosial media (*Line*) adalah 60.0 ± 11.7 dan 68.9 ± 10.9 . Rata-rata skor sikap tentang gizi seimbang sebelum dan sesudah adalah 63.6 ± 7.5 dan 77.6 ± 10.5 . Pengaruh pendidikan gizi melalui sosial media (*Line*) terhadap perubahan pengetahuan dan sikap dapat bermakna (nilai $p < 0.05$).

KESIMPULAN: Pendidikan gizi melalui media sosial (*Line*) dapat menjadi salah satu media pendidikan gizi tentang gizi seimbang pada siswa Sekolah Menengah Atas (SMA).

Kata kunci: pengetahuan, sikap, gizi seimbang, media sosial.

Daftar bacaan: 46 (1898-2017)

ABSTRACT



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THE EFFECT OF NUTRITIONAL EDUCATION THROUGH SOCIAL MEDIA (LINE) ON CHANGES KNOWLEDGE AND ATTITUDE OF BALANCED NUTRITION IN 9TH SENIOR HIGH SCHOOL JAKARTA

xvi + 94 pages, VI Chapters, 5 tables, 12 charts, 6 attachments

BACKGROUND: Nutrition education is an attempt to hold changes in knowledge, attitudes, and skills in terms of food consumption. To obtain effective results required tools or media education.

OBJECTIVE: To determine the effect of nutrition education through social media (Line) to changes in knowledge and attitudes about nutrition balanced in SMAN 9 Jakarta.

METHODS: This cross sectional study design, with a total sample of 61 students of XI class. Data characteristics (age and sex), knowledge and attitudes (the pre-test and post-test) obtained through interviews using a questionnaire online. The statistical test used is Paired Sample Test.

RESULTS: Respondents with female sex amounted to 33 people (54.1%) and males are 28 people (45.9%). Respondents aged 15 years as many as 2 people (3.3%), 16 years as many as 54 people (88.5%), and 17 years as many as five people (8.2%). The average score of knowledge about balanced nutrition before and after nutrition education through social media (Line) was 60.0 ± 11.7 and 68.9 ± 10.9 . The average score attitude before and after was 63.6 ± 7.5 and 77.6 ± 10.5 . Statistical test results showed the effect of nutrition education via social media (Line) to changes in knowledge and attitude ($p < 0.05$).

CONCLUSION: Nutrition education through social media (Line) can be one of the media education about nutrition balanced in senior high school students.

Keywords: education, knowledge, attitude, balance nutrition, social media.
Reading list: 46 (1898-2017)