

ABSTRAK

Seiring terbaikannya gizi pada karyawan dapat menjadi penyebab menurunnya kesehatan karyawan yang mengakibatkan timbulnya berbagai macam penyakit khususnya penyakit tidak menular. Hal tersebut dapat mempengaruhi produktifitas seseorang. Tujuan penelitian ini adalah untuk mengetahui pengaruh pendidikan gizi melalui *motion graphic* terhadap pengetahuan dan sikap empat pilar gizi seimbang pada karyawan. Jenis penelitian ini adalah *quasy eksperimental* dengan rancangan *pretes-postest with control group design*. Subjek penelitian ini adalah karyawan Universitas Esa Unggul yang dibagi menjadi dua kelompok yaitu kelompok intervensi yang diberikan *motion graphic* dan kelompok kontrol yang tidak diberikan media, masing-masing berjumlah 31 orang. Analisis data menggunakan uji *paired t-test* serta *wilcoxon* dan *mann whitney*. Hasil penelitian menunjukkan ada peningkatan pengetahuan baik pada kelompok intervensi maupun kelompok kontrol. Tidak ada perbedaan pengetahuan setelah diberikan intervensi ($p=0.001$). Sedangkan untuk sikap tidak ada perbedaan pada kedua kelompok sebelum ($p=0.365$) dan sesudah intervensi ($p=0.435$), namun terdapat peningkatan positif pada kelompok intervensi.

Kata Kunci: gizi karyawan, pengetahuan gizi, pendidikan gizi, sikap gizi, *motion graphic*, empat pilar gizi seimbang

ABSTRACT

The frequent neglect of employee nutrition can lead to decreased employee health which results in various diseases, especially non-communicable disease. This issue can also affect employee productivity. The purpose of this study is to determine the effect of nutritional education through motion graphic media on knowledge and attitude of the four pillar of balanced nutrition in employees. The research in the quasi eksperiment that used pretest-posttest with control group design design. The subject of this study were employees of Universitas Esa Unggul who were divided into two groups, the intervention group that was given motion graphic and the controlling group who was not given the media, which each group include 31 people. The results showed that there was an increase in knowledge in both the intervention group and the controlling group. Data analysis used a paired sample t-test or wilcoxon and mann-whitney test. There was no difference in knowledge before intervention ($p = 0.189$) and there was a difference in knowledge after an intervention ($p = 0.001$). As for the attitude, there was no difference in the two groups before ($p = 0.435$), but there was a change in attitude in the intervention group. As the result, the study concluded that there is an effect of nutritional education with motion graphic media on the knowledge and attitude of the four pillars of balanced nutrition for Universitas Esa Unggul's employees. It is expected that education can continue to be carried out to all employees.

Keyword: *employee nutrition, nutrition knowledge, nutritional education, motion graphic, nutrition attitude, the four pillar of balanced nutrition,*