

ABSTRAK



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PENGARUH PEMBERIAN EDUKASI GIZI MELALUI MEDIA VIDEO DAN LEAFLET TERHADAP PERUBAHAN KONSUMSI BUAH DAN SAYUR PADA SISWA SMP AL CHASANAH TAHUN 2016

xvii, VI Bab, 78 Halaman, 4 Gambar, 14 Tabel, 12 Grafik, 5 Lampiran

Latar Belakang : Konsumsi buah dan sayur penduduk Indonesia masih berada di bawah konsumsi yang dianjurkan terutama pada anak usia sekolah atau remaja.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh pemberian edukasi gizi melalui media video dan leaflet terhadap perubahan konsumsi buah dan sayur pada siswa SMP Al Chasanah tahun 2016.

Metode : Desain penelitian ini adalah one group pre-test post-test dengan jenis penelitian pre eksperimen. Responden adalah siswa-siswi SMP Al Chasanah, jumlah responden sebanyak 64 responden. Data dikumpulkan dengan kuesioner pre-test dan post-test serta Food Recall 24 Hours, lalu dianalisis dengan uji Paired Sample T-test dan uji Independent Sample T-test dengan uji alternatif Wilcoxon dan Mann Whitney.

Hasil : Rata-rata perubahan skor pengetahuan siswa pada kelompok edukasi video adalah 11.31 ± 1.63 lebih besar daripada rata-rata perubahan skor pengetahuan siswa pada kelompok edukasi leaflet yaitu 10.72 ± 1.61 . Tidak ada perbedaan pengetahuan ($p=0.479$), konsumsi buah ($p=0.385$) dan konsumsi sayur ($p=0.295$) sebelum edukasi antara kelompok media video dan kelompok media leaflet. Ada perbedaan pengetahuan ($p=0.000$), konsumsi buah ($p=0.000$) dan konsumsi sayur ($p=0.000$) sebelum dan sesudah edukasi baik pada kelompok media video maupun pada kelompok media leaflet. Ada perbedaan perubahan pengetahuan ($p=0.047$), konsumsi buah ($p=0.004$) dan konsumsi sayur ($p=0.043$) antara kelompok media video dan kelompok media leaflet.

Kesimpulan : Ada pengaruh pemberian edukasi gizi melalui media video dan leaflet terhadap perubahan konsumsi buah dan sayur pada siswa SMP Al Chasanah tahun 2016.

Kata Kunci : Edukasi Gizi, Media Video dan Leaflet, Konsumsi Buah dan Sayur.

ABSTRACT



ESA UNGGUL UNIVERSITY
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GIVING EFFECT OF NUTRITIONAL EDUCATION THROUGH VIDEO AND LEAFLETS MEDIA ON FRUIT AND VEGETABLE CONSUMPTION OF CHANGES IN AL CHASANAH JUNIOR HIGH SCHOOL STUDENTS IN 2016

xvii, VI Chapters, 78 Pages, 4 Pictures, 14 Tables, 12 Graphs, 5 Attachments

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

Purpose : This study aimed to determine the effect of nutrition education through video and leaflets media on fruit and vegetable consumption of changes on Al Chasanah Junior High School students in 2016.

Methods : This study is one group pre-test post-test with the type of research pre experiment. Respondents are students of SMP Al Chasanah, the number of respondents as many as 64 respondents. Data were collected by questionnaire pre-test and post-test as well as the Food Recall 24 Hours, and analyzed by Paired Samples T-test and Independent Sample T-test with alternative by Wilcoxon and Mann Whitney.

Results : The average change in score of the students' knowledge on video education group was 11.31 ± 1.63 greater than the average change in score of a student's knowledge in an education group leaflet is 10.72 ± 1.61 . No differences in knowledge ($p=0.479$), the fruit consumption ($p=0.385$) and vegetable consumption ($p=0.295$) before education between media groups and media groups leaflets and video. There is a difference of knowledge ($p=0.000$), the consumption of fruit ($p=0.000$) and vegetable consumption ($p=0.000$) before and after education both in media groups in the media group video and the media group leaflet. There are differences in changes in knowledge ($p=0.047$), the fruit consumption ($p=0.004$) and vegetable consumption ($p=0.043$) between groups of video media and groups of leaflet media.

Conclusion : There is the effect of nutrition education through video and leaflets media on fruit and vegetable consumption of changes on Al Chasanah junior high school students in 2016.

Keywords : Nutrition Education, Video and Leaflets Media, Fruit and Vegetable Consumption.