

FRUIT AND VEGETABLE CONSUMPTION EDUCATION THROUGH
VIDEO MEDIA ON KNOWLEDGE, ATTITUDE, AND BEHAVIOR OF
OBESE COLLEGE STUDENTS IN POLTEKKES KEMENKES
YOGYAKARTA

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ABSTRACT

Background : Obesity is still a nutritional problem in Indonesia. The prevalence of obese college students in Poltekkes Kemenkes Yogyakarta is 9,8%. One of the factors that causes obesity is lack of consumption of fruits dan vegetables. One form of health education in increasing fruit and vegetable consumption by providing education. The nutrition education media used in this study is video media.

Objective : The purpose of this study is to know the knowledge, attitudes, and behavior fruit and vegetable consumption before and after given fruit and vegetable consumption education through video media of obese college students in Poltekkes Kemenkes Yogyakarta.

Methods : The type of this research used is quantitative with quasi experiment method. Research design is pretest-posttest without control group design. The sample of this research are 33 students obesity in Poltekkes Kemenkes Yogyakarta. The research instrument used questionnaires and video media.

Result : The average pretest score of knowledge is 46,67; score of attitude is 68,52; and score of behavior is 104,78. While the average posttest score of knowledge after education is 77,76; score of attitude is 70,79; score of behavior is 105,82. Data analysis using paired sample test. The result of this research tested by paired sample test of knowledge $p= 0,000$ ($p < 0,05$), it shows the significant difference between pretest and posttest education through video media. The result of this research tested by paired sample test of attitude $p = 0,163$ ($p > 0,05$) and behavior $p = 0,961$ ($p > 0,05$), it shows that there are no significant difference between pretest and posttest education through video media.

Conclusion : There was an increase in the score of knowledge, attitude, dan behavior after fruit and vegetable consumption education through video media.

Keywords : video, knowledge, attitude, behavior, consumption of fruit and vegetable

EDUKASI KONSUMSI BUAH DAN SAYUR MELALUI MEDIA VIDEO
TERHADAP PENGETAHUAN, SIKAP, DAN PERILAKU MAHASISWA
OBESITAS DI POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang : Obesitas masih menjadi masalah gizi di Indonesia. prevalensi obesitas mahasiswa Poltekkes Kemenkes Yogyakarta sebesar 9,8%. Salah satu faktor penyebab obesitas yaitu kurangnya konsumsi buah dan sayur. Salah satu bentuk pendidikan kesehatan dalam meningkatkan konsumsi buah dan sayur dengan memberikan edukasi. Media edukasi gizi yang digunakan dalam penelitian ini adalah media video.

Tujuan Penelitian : Mengetahui pengetahuan, sikap, dan perilaku konsumsi buah dan sayur sebelum dan sesudah dilakukan edukasi konsumsi buah dan sayur melalui media video mahasiswa obesitas di Poltekkes Kemenkes Yogyakarta.

Metode Penelitian : Jenis penelitian yang digunakan adalah kuantitatif dengan metode *quasi experiment*. Rancangan penelitian *pretest-posttest without control group design*. Sampel penelitian berjumlah 33 mahasiswi obesitas di Poltekkes Kemenkes Yogyakarta. Instrumen penelitian menggunakan kuesioner dan media video.

Hasil Penelitian : Rerata skor pretes pengetahuan adalah 46,67; skor sikap 68,52; dan skor perilaku 104,78. Sedangkan rerata skor postes menggunakan media video adalah 77,76; skor sikap 70,79; dan skor perilaku 105,82. Analisis data menggunakan *paired sample test*. Hasil penelitian dengan uji *paired sample test* skor pengetahuan dengan $p = 0,000$ ($p < 0,05$), hal ini menunjukkan adanya perbedaan yang signifikan antara skor pretes dan skor postes. Hasil uji skor sikap $p = 0,163$ ($p > 0,05$), dan skor perilaku $p = 0,961$ ($p > 0,05$), menunjukkan adanya perbedaan yang tidak signifikan antara skor pretes dan skor postes.

Kesimpulan : Ada peningkatan skor pengetahuan, sikap, dan perilaku konsumsi buah dan sayur sesudah edukasi konsumsi buah dan sayur melalui media video.

Kata Kunci : video, pengetahuan, sikap, perilaku, konsumsi buah dan sayur