

## EFEKTIVITAS PENGGUNAAN MEDIA ANIMASI 4 PILAR GIZI SEIMBANG TERHADAP TINGKAT PENGETAHUAN DAN AKTIVITAS FISIK PADA REMAJA

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### ABSTRAK

**Latar Belakang:** Kurangnya aktivitas fisik pada remaja merupakan permasalahan yang semakin meningkat di berbagai negara. Salah satu faktor yang menyebabkan masalah tersebut adalah rendahnya pengetahuan. Penyuluhan menggunakan media animasi mengenai 4 pilar gizi seimbang merupakan salah satu cara untuk meningkatkan pengetahuan dan aktivitas fisik pada remaja.

**Tujuan Penelitian:** Mengetahui efektivitas penggunaan media animasi terhadap tingkat pengetahuan dan aktivitas fisik remaja tentang 4 pilar gizi seimbang

**Metode Penelitian:** Jenis penelitian eksperimen semu (*quasy experiment*) dengan desain penelitian *pretest and posttest with control group design*. Penelitian dilaksanakan pada tanggal 20 Februari-2 Maret 2023. Populasi sasaran siswa kelas X SMAN 9 Yogyakarta berjumlah 252 dan siswa kelas X SMAN 10 Yogyakarta berjumlah 215. Sampel penelitian siswa kelas X MIPA 6 SMAN 9 Yogyakarta sebanyak 33 dan siswa kelas X MIPA 3 SMAN 10 Yogyakarta sebanyak 31. Pengambilan sampel secara *purposive sampling* berdasarkan kriteria inklusi. Variabel bebas penggunaan media berupa media animasi dan media *leaflet*, variabel terikat tingkat pengetahuan dan aktivitas fisik remaja tentang 4 pilar gizi seimbang. Data diperoleh dari kuesioner pengetahuan dan kuesioner GPAQ. Analisis data menggunakan uji *Paired Sampel T-Test* dan uji *Independent Sample T-test*.

**Hasil Penelitian:** Terdapat kenaikan signifikan rata-rata skor pengetahuan dari 53.52 menjadi 83.03 ( $p=0.0001$ ) dan skor aktivitas fisik 3071.64 menjadi 4559.64 ( $p=0.0001$ ) pada kelompok animasi. Terdapat kenaikan signifikan rata-rata skor pengetahuan dari 55.65 menjadi 71.61 ( $p=0.0001$ ) dan rata-rata skor aktivitas fisik 2269.29 menjadi 3118.84 ( $p=0.0001$ ) pada kelompok *leaflet*. Berdasarkan peningkatan yang signifikan, penyuluhan menggunakan media animasi lebih efektif dibandingkan menggunakan media *leaflet* terhadap pengetahuan ( $p=0.001$ ) dan terhadap aktivitas fisik ( $p=0.047$ ).

**Kesimpulan:** Media animasi 4 pilar gizi seimbang lebih efektif dalam meningkatkan pengetahuan dan aktivitas fisik remaja

**Kata Kunci:** Media Animasi, 4 Pilar Gizi Seimbang, Pengetahuan, Aktivitas Fisik, Remaja.

# THE EFFECTIVENESS OF USING THE 4 PILLARS OF BALANCED NUTRITION ANIMATION MEDIA ON THE LEVEL OF KNOWLEDGE AND PHYSICAL ACTIVITY IN ADOLESCENTS

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## ABSTRACT

**Background :** Lack of physical activity in adolescents is an increasing problem in various countries. One of the factors causing the problem is the lack of knowledge. Counseling using animated media regarding the 4 pillars of balanced nutrition is one way to increase knowledge and physical activity in adolescents.

**Objective :** Knowing the effectiveness of using animated media on the level of knowledge and physical activity of adolescents about the 4 pillars of balanced nutrition

**Method :** This type of quasi-experimental research with a pretest and posttest research design with a control group design. The research was conducted on February 20-March 2, 2023. The target population was 252 class X students of SMAN 9 Yogyakarta and 215 class X students of SMAN 10 Yogyakarta. The research sample was 33 students of class X MIPA 6 SMAN 9 Yogyakarta and students of class X MIPA 3 SMAN 10 Yogyakarta as many as 31. Sampling was purposive sampling based on inclusion criteria. The independent variable is the use of media in the form of animation media and leaflet media, the dependent variable is the level of knowledge and physical activity of adolescents about the 4 pillars of balanced nutrition. The data were obtained from the knowledge questionnaire and the GPAQ questionnaire. Data analysis used the Paired Sample T-Test and the Independent Sample T-test.

**Result :** There was a significant increase in the average knowledge score from 53.52 to 83.03 ( $p=0.0001$ ) and the physical activity score from 3071.64 to 4559.64 ( $p=0.0001$ ) in the animation group. There was a significant increase in the average knowledge score from 55.65 to 71.61 ( $p=0.0001$ ) and the average physical activity score from 2269.29 to 3118.84 ( $p=0.0001$ ) in the leaflet group. Based on a significant increase, counseling using animated media was more effective than using leaflets on knowledge ( $p=0.001$ ) and on physical activity ( $p=0.047$ ).

**Conclusion :** Animation media 4 pillars of balanced nutrition is more effective in increasing the knowledge and physical activity of adolescents

**Keyword :** Animation Media, 4 Pillars of Balanced Nutrition, Knowledge, Physical Activity, Youth.