

MEDIA VIDEO EDUTAINMENT TENTANG ISI PIRINGKU MENINGKATKAN PENGETAHUAN DAN ASUPAN MAKAN PADA SISWA SMA

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ABSTRAK

Latar Belakang: Masa remaja sangat rentan terhadap masalah gizi dan seringkali remaja menganggap bahwa mereka sehat tetapi sebenarnya mengalami masalah gizi karena kurangnya pengetahuan. Data riskesdas Daerah Istimewa Yogyakarta tahun 2018, remaja kurus berusia 16-18 tahun memiliki prevalensi 6,4% dan remaja gemuk dengan prevalensi 8,2%. Pengetahuan mengenai pesan isi piringku dan asupan makan seseorang sangat berpengaruh terhadap status gizi. Penggunaan media video sebagai sarana penyuluhan dapat mempermudah dan meningkatkan pengetahuan siswa.

Tujuan: Mengetahui efektivitas edukasi gizi melalui media video *edutainment* dan *powerpoint* tentang isi piringku terhadap tingkat pengetahuan dan asupan makan pada siswa SMA

Metode: Jenis penelitian ini adalah *quasy experiment* dengan desain penelitian *one group pretest-posttest with control design*. Sampel penelitian ini adalah salah satu kelas XI MIPA di SMAN 1 Prambanan dan SMAN 1 Kalasan. Teknik pengambilan sampel yaitu menggunakan *random sampling*. Sampel dipilih menggunakan kriteria inklusi. Jumlah sampel penelitian ini yaitu 35 siswa. Analisis data menggunakan uji *Kolmogorov Smirnov* kemudian menggunakan metode *Paired Sample t-test* dan *Independent Sample t-test*.

Hasil: Rata-rata skor pengetahuan dan asupan makan kelompok perlakuan dan kontrol meningkat setelah diberi intervensi. Hasil analisis statistik menunjukkan bahwa terdapat perbedaan pengetahuan pada kelompok perlakuan ($p=0.000$) dan kelompok kontrol ($p=0.020$). Asupan energi menunjukkan hasil terdapat perbedaan untuk kelompok perlakuan ($p=0.002$) dan kelompok kontrol ($p=0.032$). Asupan protein kelompok perlakuan terdapat perbedaan yang signifikan ($p=0.037$), sedangkan kelompok kontrol tidak terdapat perbedaan yang signifikan ($p=0.068$). Hasil uji efektivitas media menunjukkan bahwa media video *edutainment* lebih efektif untuk meningkatkan pengetahuan pesan isi piringku pada siswa SMA dibandingkan dengan media *powerpoint*.

Kesimpulan: Video *edutainment* dapat digunakan sebagai media penyuluhan gizi mengenai pesan “Isi Piringku” pada siswa SMA

Kata kunci: Pengetahuan, Asupan Makan, Isi Piringku, Siswa SMA

EDUTAINMENT VIDEO ABOUT THE CONTENTS OF MY PLATE INCREASES KNOWLEDGE AND FOOD INTAKE OF HIGH SCHOOL STUDENTS

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ABSTRACT

Background: Adolescence is very prone to nutritional problems and often teenagers assume that they are healthy but are experiencing nutritional problems due to lack of knowledge. Data from the risk of the Special Region of Yogyakarta in 2018, thin adolescents aged 16-18 years have a prevalence of 6.4% and obese adolescents with a prevalence of 8.2%. Knowledge of the message of the contents of my plate and one's food intake greatly affects my nutritional status. The use of video media as a means of counseling can facilitate and increase student knowledge.

Objective: Knowing the effectiveness of nutrition education through video edutainment and PPT about the contents of my plate on the level of knowledge and food intake in high school students

Method: This type of research is a quasy experiment with one group pretest-posttest research design with a control design. The sample of this study was one of the classes XI MIPA at SMAN 1 Prambanan and SMAN 1 Kalasan. The sampling technique is using random sampling. Samples were selected using inclusion criteria. The sample size of this study was 35 students. Data analysis using Kolmogorov Smirnov test and then using Paired Sample t-test and Independent Sample t-test methods.

Results: The mean scores of knowledge and food intake of the treatment and control groups increased after being given the intervention. The results of statistical analysis showed that there were differences in knowledge in the treatment group ($p = 0.000$) and the control group ($p = 0.020$). Energy intake showed that there were differences in the treatment group ($p=0.002$) and the control group ($p=0.032$). There was a significant difference in the protein intake of the treatment group ($p=0.037$), while there was no significant difference in the control group ($p=0.068$). The results of the media effectiveness test showed that edutainment video media was more effective in increasing knowledge of the contents of my plate for high school students compared to PowerPoint media.

Conclusion: Edutainment videos can be used as a medium for nutrition education regarding the message "Fill My Plate" for high school students.

Keywords: Knowledge, Food Intake, Fill My Plate, High School Student