

PENGARUH PENYULUHAN GIZI SEIMBANG MENGGUNAKAN MEDIA AUDIO TERHADAP PENGETAHUAN DAN SIKAP PENYANDANG TUNANETRA

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ABSTRAK

Latar Belakang: Permasalahan gizi pada anak tunanetra terjadi peningkatan resiko obesitas dibandingkan dengan anak usia sebaya tanpa kondisi kronis. Rendahnya pengetahuan dan sikap menjadi penyebab permasalahan gizi pada anak tunanetra. Maka diperlukan penyuluhan gizi seimbang kepada anak tunanetra dengan media yang sesuai dengan karakteristik tunanetra.

Tujuan: Mengetahui pengaruh penyuluhan gizi seimbang menggunakan media audio terhadap pengetahuan dan sikap penyandang tunanetra.

Metode: Penelitian ini merupakan pra eksperimen dengan desain one group pre-test post-test design. Subjek penelitian adalah seluruh siswa yang berusia 10-24 tahun di SLBA Yaketunis dan SLBN 1 Bantul yang dipilih sesuai kriteria inklusi, dengan jumlah total sebanyak 24 siswa. Pengetahuan dan sikap diukur melalui pengisian kuesioner sebelum dan setelah intervensi penyuluhan gizi seimbang.

Hasil: Rata-rata skor pengetahuan gizi seimbang siswa SD tunanetra sebelum pemberian media audio sebesar 72,2 dan meningkat menjadi 83,3, pada siswa SMP tunanetra sebesar 73,3 dan meningkat menjadi 84,2, dan pada siswa SMA tunanetra sebesar 73,0 dan meningkat menjadi 83,5. Hasil penelitian menunjukkan adanya pengaruh penggunaan media audio gizi seimbang terhadap pengetahuan ($p=0,007$ (SD), $p=0,026$ (SMP), dan $p=0,005$ (SMA)). Rata-rata skor sikap gizi seimbang siswa SD tunanetra sebelum pemberian media audio sebesar 55,7 dan meningkat menjadi 68,3, pada siswa SMP tunanetra sebesar 58,5 dan meningkat menjadi 66,8, dan pada siswa SMA tunanetra sebesar 58,6 dan meningkat menjadi 66,9. Hasil penelitian menunjukkan adanya pengaruh penggunaan media audio gizi seimbang terhadap sikap ($p=0,008$ (SD), $p=0,028$ (SMP), dan $p=0,007$ (SMA)).

Kesimpulan: Ada pengaruh penyuluhan gizi seimbang menggunakan media audio terhadap pengetahuan dan sikap penyandang tunanetra.

Kata Kunci: Gizi seimbang, penyuluhan, media audio, tunanetra

THE EFFECT OF BALANCED NUTRITION COUNSELING USING AUDIO MEDIA ON THE KNOWLEDGE AND ATTITUDES OF PEOPLE WITH VISUAL IMPAIRMENTS

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ABSTRACT

Background: The problem of nutrition in visually impaired children increases the risk of obesity compared to their peers without chronic conditions. Low knowledge and attitudes are the causes of nutrition problems in visually impaired children. Therefore, balanced nutrition counseling is needed for visually impaired children using media that is suitable for their characteristics.

Objective: Knowing the influence of balanced nutrition counseling using audio media on the knowledge and attitudes of visually impaired individuals.

Methods: This study is a pre-experiment with a one group pre-test post-test design. The research subjects are all students aged 10-24 years at SLBA Yaketunis and SLBN 1 Bantul who were selected according to inclusion criteria, with a total of 24 students. Knowledge and attitudes are measured through the completion of a questionnaire before and after the balanced nutrition counseling intervention.

Results: The average score of balanced nutrition knowledge of elementary school students with visual impairment before audio media was 72.2 and increased to 83.3, in junior high school students with visual impairment was 73.3 and increased to 84.2, and in high school students with visual impairment was 73.0 and increased to 83.5. The results showed the effect of using balanced nutrition audio media on knowledge ($p=0.007$ (elementary school), $p=0.026$ (junior high school), and $p=0.005$ (high school)). The average score of balanced nutrition attitudes of elementary school students with visual impairment before audio media was 55.7 and increased to 68.3, in junior high school students with visual impairment was 58.5 and increased to 66.8, and in high school students with visual impairment was 58.6 and increased to 66.9. The results showed the effect of using balanced nutrition audio media on attitudes ($p=0.008$ (elementary school), $p=0.028$ (junior high school), and $p=0.007$ (high school)).

Conclusion: There is an effect of balanced nutrition counseling using audio media on the knowledge and attitudes of blind people

Keywords: Balanced nutrition, counseling, audio media, visually impaired