

THE EFFECTIVENESS OF USING E-BOOKLET MEDIA ON ADOLESCENTS' KNOWLEDGE AND ATTITUDES ABOUT OBESITY PREVENTION EFFORTS IN YOUTH ORGANIZATIONS

Desi Endah Wulandari¹, Waryana², Lastmi Wayansari³
Department of Nutrition Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, DIY
email: desiendh19@gmail.com

ABSTRACT

Background: DINKES 2021 data shows that the prevalence of obese adolescents in Yogyakarta City is 26.9%, higher than the national average of 21.8%. Through nutrition education, it is hoped that adolescents can change to become more concerned about their health in preventing obesity.

Objective: To determine the effectiveness of using E-booklet media and leaflet media on adolescents' knowledge and attitudes about obesity prevention efforts in youth organizations.

Methods: This research is a type of quasi-experimental research (quasi experiment). The study used a non-equivalent control group design. In this study there was a treatment group with a total sample of 23 people and a control group of 23 people. The treatment group was given nutrition education with e-booklet media and the control group was given nutrition education with leaflet media. This study begins with a pretest and then given nutrition education for 7 days, after which a posttest is given. Data analysis used Wilcoxon test and Mann Whitney test.

Results: The statistical test results show the p-value of knowledge in the treatment group is 0.000 ($p < 0.05$) and the p-value of knowledge in the control group is 0.001 ($p < 0.05$). The p-value of attitude in the treatment group was 0.000 ($p < 0.05$) and the p-value of attitude in the control group was 0.000 ($p < 0.05$). Nutrition education using e-booklets and leaflets is equally effective on adolescents' knowledge and attitudes about obesity prevention with a p-value of both 0.000 ($p < 0.05$).

Conclusion: E-booklet and leaflet media are equally effective in improving the knowledge and attitudes of youth organizations about obesity prevention.

Keywords: E-booklet Media, Leaflet Media, Knowledge, Attitude, Obesity Prevention, Adolescents, Youth Organization

EFEKTIVITAS PENGGUNAAN MEDIA E-BOOKLET TERHADAP PENGETAHUAN DAN SIKAP REMAJA TENTANG UPAYA PENCEGAHAN OBESITAS PADA KARANG TARUNA

Desi Endah Wulandari¹, Waryana², Lastmi Wayansari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, DIY
email: desiendh19@gmail.com

ABSTRAK

Latar Belakang: Data DINKES 2021 menunjukkan bahwa prevalensi remaja obesitas di Kota Yogyakarta yaitu 26,9% lebih tinggi dari rata-rata nasional yaitu 21,8%. Melalui edukasi gizi diharapkan remaja dapat berubah menjadi lebih peduli terhadap kesehatannya dalam pencegahan obesitas.

Tujuan Penelitian: Diketuinya efektifitas penggunaan media *E-booklet* dan media *leaflet* terhadap pengetahuan dan sikap remaja tentang upaya pencegahan obesitas pada karang taruna.

Metode Penelitian: Penelitian ini merupakan penelitian dengan jenis penelitian eksperimental semu (*quasi experiment*). Penelitian menggunakan *non equivalent control group design*. Dalam penelitian ini terdapat kelompok perlakuan dengan jumlah sampel 23 orang dan kelompok kontrol sebanyak 23 orang. Kelompok perlakuan diberikan edukasi gizi dengan media *e-booklet* dan kelompok kontrol diberikan edukasi gizi dengan media *leaflet*. Penelitian ini diawali dengan *pretest* lalu diberikan edukasi gizi selama 7 hari, setelah itu diberikan *posttest*. Analisis data menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil Penelitian: Hasil uji statistic menunjukkan nilai *p-value* pengetahuan kelompok perlakuan yaitu 0,000 ($p < 0,05$) dan nilai *p-value* pengetahuan pada kelompok kontrol yaitu 0,001 ($p < 0,05$). Nilai *p-value* sikap pada kelompok perlakuan 0,000 ($p < 0,05$) dan nilai *p-value* sikap pada kelompok kontrol 0,000 ($p < 0,05$). Edukasi gizi dengan menggunakan *e-booklet* dan *leaflet* sama-sama efektif terhadap pengetahuan dan sikap remaja tentang pencegahan obesitas dengan *p-value* keduanya 0,000 ($p < 0,05$).

Kesimpulan: Media *e-booklet* dan *leaflet* sama-sama efektif dalam meningkatkan pengetahuan dan sikap remaja karang taruna tentang pencegahan obesitas.

Kata Kunci: Media *E-booklet*, Media *Leaflet*, Pengetahuan, Sikap, Pencegahan Obesitas, Remaja, Karang Taruna