

EFEKTIVITAS EDUKASI GIZI SEIMBANG REMAJA BERBASIS *WEBSITE* GIZBIKU (GIZI BAIK KU) TERHADAP TINGKAT PENGETAHUAN DAN SIKAP PADA SISWA SMP

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ABSTRAK

Latar Belakang: Masalah gizi kurang dan lebih adalah masalah kompleks. Perlu dilakukan upaya edukasi gizi seimbang untuk meningkatkan pengetahuan dan merubah sikap agar terciptanya pola makan yang baik. *Website* dapat membantu mendapatkan informasi melalui *digital*. Sehingga, remaja akan lebih mudah untuk menerima informasi mengenai gizi seimbang remaja.

Tujuan: Untuk mengetahui efektivitas edukasi gizi seimbang remaja berbasis *website* GIZBIKU (Gizi Baik Ku) terhadap tingkat pengetahuan dan sikap pada siswa SMP.

Metode: Desain penelitian yang digunakan adalah *pre-test post-test with control group design*. Media *website* digunakan sebagai media edukasi. Penelitian dilaksanakan di SMPN 5 Yogyakarta dan SMPN 1 Yogyakarta pada bulan Maret-April 2024. Sampel penelitian terdiri dari 32 siswa kelas VIII. Teknik pengambilan sampel menggunakan *simple random sampling*. Analisis data menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Hasil penelitian menunjukkan bahwa terjadi peningkatan pengetahuan dan perubahan sikap setelah diberikan edukasi melalui media *website* dan *power point*. Uji *mann-whitney* pengetahuan dan sikap dua kelompok tidak ada perbedaan pengaruh penggunaan media terhadap pengetahuan dan sikap pada kelompok perlakuan dan kelompok kontrol.

Kesimpulan: Adanya peningkatan pengetahuan dan perubahan sikap pada siswa SMP berbasis media *website* GIZBIKU (Gizi Baik Ku) dan *power point* mengenai gizi seimbang. Sehingga, kedua media tersebut sama-sama efektif,

Kata Kunci: *Website*, pengetahuan, sikap, gizi seimbang

EFFECTIVENESS OF NUTRITION BALANCE EDUCATION FOR TEENAGERS BASED ON THE GIZBIKU (GIZI BAIK KU) WEBSITE TOWARDS MIDDLE SCHOOL STUDENTS KNOWLEDGE LEVEL AND ATTITUDE

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ABSTRACT

Background: Under nutrition and over nutrition is a complex problem. Nutrition education need to be shared to enrich knowledge, and diet need to be changed for the better eating behavior. Website have the ability to share information digitally. Thus teenagers easier to get information about balanced nutrition for teens.

Objective: To understand effectiveness of nutrition balance education for teenagers based on GIZBIKU (Gizi Baik Ku) website towards middle school students knowledge level and behavior.

Methods: Research design that was used were pre-test post-test with control group design. website were used as learning media. The research were done in SMPN 5 Yogyakarta and SMPN 1 Yogyakarta on March to April 2024. Research sample consisted of 32 8th grade students with simple random sampling as sampling technique. The data analyzed using Wilcoxon and Mann-Whitney test.

Results: This research shows that there is increase on knowledge and behavior change after given education using website and presentation media. Mann-whitney test shows that there is no difference on knowledge and behavior of the two groups with different learning media where control group used presentation media and behavior group used website media.

Conclusion: There was increase in knowledge and behavior change about nutrition balance on middle school students after given education through GIZBIKU (Gizi Baik Ku) website and presentation. Therefore it is safe to say that the two learning media works effectively.

Keywords: Website, knowledge, attitude, balanced nutrition