

THE EFFECT OF BROLIGNAM (BROCHURE OF NUTRITION EDUCATION) TO KNOWLEDGE AND ATTITUDE OF GLYCEMIC INDEX ON SENIOR HIGH SCHOOL STUDENTS

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ABSTRACT

Background: Indonesia ranks 7th as the country with the highest number of diabetics in the world (20 years old – 70 years old) after China, India, USA, Brazil, Russia and Mexico. The role of glycemic index on foods is very important especially in influencing diabetes mellitus because each kind of foods has specific glycemic index. The lower glycemic index on foods, the better it is for people who have diabetes. Type 2 diabetes mellitus can occur on teenagers because they have consumptive behavior. To prevent it, they need low glycemic index.

Objectives: To know the effect on giving BROLIGNAM (brochure of nutrition education) about foods glycemic index towards knowledge and attitude on senior high school students.

Method: This research held on January-February 2020. This method was quasi experimental design with *pre test and post test with control group design*. This research samples were 32 students from Eleventh Grade of Science Six in SMA Negeri 1 Bantul and the other 32 students were from Eleventh Grade of Science Two in SMA Negeri 2 Bantul. Analysis data using *paired sample t-test* and *independent t-test*.

Results: The results of this research showed that there was an effect on giving BROLIGNAM towards knowledge and attitude about foods glycemic index on high school students ($p=0,000$) also there was significant difference on knowledge between BROLIGNAM and leaflet ($p=0,000$) but there was no significant difference on attitude between BROLIGNAM and leaflet ($p=0,877$).

Conclusions: There was difference score of knowledge and attitude about foods glycemic index on high school students before and after given the BROLIGNAM and BROLIGNAM had an effect on improving knowledge and attitude about foods glycemic index also it can be used as media in order to prevent type 2 diabetes mellitus on teenagers.

Keywords : *diabetes mellitus, glycemic index, brochure, leaflet, knowledge, attitude*

PENGARUH PEMBERIAN BROLIGNAM (BROSUR LIPAT SEGI ENAM)
TENTANG INDEKS GLIKEMIK PANGAN TERHADAP PENGETAHUAN
DAN SIKAP PADA SISWA SEKOLAH MENENGAH ATAS

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ABSTRAK

Latar Belakang: Indonesia menempati urutan ke-7 sebagai negara dengan jumlah penderita diabetes (20-70 tahun) terbanyak di dunia setelah China, India, Amerika Serikat, Brazil, Rusia, dan Meksiko. Peran indeks glikemik pada makanan dalam mempengaruhi penyakit diabetes mellitus sangatlah penting, karena setiap jenis makanan memiliki indeks glikemik tertentu. Semakin rendah angka indeks glikemik pada pangan, semakin baik dikonsumsi bagi penderita diabetes mellitus. Diabetes mellitus tipe 2 dapat menyerang remaja karena remaja termasuk dalam kelompok usia yang konsumtif. Untuk mencegah terjadinya diabetes, diperlukan indeks glikemik yang rendah.

Tujuan Penelitian: Mengetahui pengaruh pemberian brosur lipat segi enam tentang indeks glikemik pangan terhadap pengetahuan dan sikap pada siswa SMA.

Metode Penelitian: Penelitian dilakukan bulan Januari-Februari 2020. Penelitian ini adalah penelitian eksperimen dengan desain penelitian *pre test and post test with control group design*. Sampel penelitian ini adalah siswa kelas XI MIA 6 SMA Negeri 1 Bantul sebanyak 32 orang dan siswa kelas XI MIA 2 SMA Negeri 2 Bantul sebanyak 32 orang. Analisa data menggunakan uji statistik *paired sample t-test* dan *independent t-test*.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa terdapat pengaruh pemberian BROLIGNAM terhadap pengetahuan dan sikap tentang indeks glikemik pangan pada siswa SMA ($p=0,000$) serta terdapat beda pengetahuan yang bermakna antara media BROLIGNAM dan media *leaflet* ($p= 0,000$) tetapi tidak ada beda sikap yang bermakna antara media BROLIGNAM dan media *leaflet* ($p=0,877$).

Kesimpulan: Terdapat perbedaan skor pengetahuan dan sikap siswa SMA tentang indeks glikemik pangan sebelum dan sesudah diberikan media BROLIGNAM dan BROLIGNAM berpengaruh dalam meningkatkan pengetahuan dan sikap tentang indeks glikemik pangan serta dapat dijadikan sebagai media dalam upaya pencegahan DM tipe 2 pada remaja.

Kata Kunci: diabetes mellitus, indeks glikemik, brosur, leaflet, pengetahuan, sikap