

THE USE OF INFOGRAPHIC TO IMPROVE KNOWLEDGE AND ATTITUDE ON DIETARY HABITE OF ADOLESCENT (DHA) AMONG STUDENTS OF POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background: The prevalence of students in Poltekkes Kemenkes Yogyakarta (2018) with underweight nutritional status (16.7%), and fat nutritional status (16.2%). Guidelines for healthy eating in Indonesia, namely the Guidelines for Balanced Nutrition. There have been many activities carried out in the context of making people aware in the field of nutrition such as improving nutrition education with the media. Nutrition education media used are infographic media, because the form of data visualization that conveys complex information to the reader can be understood more easily and quickly.

Research Objectives: To determine the effect of nutrition education with infographic media Dietary Habite of Adolescent (DHA) on increasing knowledge and balanced nutrition attitudes in the Poltekkes Kemenkes Yogyakarta students.

Methods: This type of research is a quasi-experimental research design with a pretest-posttest with control group design for the students of Poltekkes Kemenkes Yogyakarta. The number of samples were 30 students for each group. The research instrument used questionnaires and infographic media and leaflets. Data analysis used Paired Sample T-Test, Independent Sample T-Test, and Mann Whitney.

Results: There were differences in afeverage posttest scores of knowledge between both of them ($p = 0.019$). There were significant differences in the afeverage posttest attitude scores between the two groups ($p = 0.43$). There were a significant difference between the afeverage scores of balanced nutrition knowledge in the experimental and control groups ($p = 0.007$). There were no significant difference scores of balanced nutrition attitudes in the experimental and control groups ($p = 0.451$).

Conclusion: There is an influence of nutrition education with infographic media and leaflets toward the improvement of knowledge and attitude students. Infographic media is more effective than leaflets toward the improvement of balanced nutrition knowledge, while infographic dan leaflets media have the same level of effectivity toward the improvement of balanced nutrition attitudes for the students.

Keywords: infographic, knowledge, attitude, balanced nutrition

**EDUKASI GIZI DENGAN MEDIA INFOGRAFIS
POLA MAKAN REMAJA (PMR) TERHADAP PENINGKATAN
PENGETAHUAN DAN SIKAP GIZI SEIMBANG PADA MAHASISWA
POLTEKKES KEMENKES YOGYAKARTA**

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ABSTRAK

Latar Belakang: Prevalensi mahasiswa Poltekkes Kemenkes Yogyakarta (2018) dengan status gizi kurus (16,7%), dan status gizi gemuk (16,2%). Pedoman pola makan sehat di Indonesia yaitu Pedoman Gizi Seimbang. Sudah banyak kegiatan yang dilaksanakan dalam rangka menyadarkan masyarakat dibidang gizi seperti meningkatkan pendidikan gizi dengan media. Media edukasi gizi yang dapat digunakan yaitu media infografis, karena bentuk visualisasi data yang menyampaikan informasi kompleks kepada pembaca dapat dipahami dengan lebih mudah dan cepat.

Tujuan Penelitian: Mengetahui pengaruh edukasi gizi dengan media infografis Pola Makan Remaja (PMR) terhadap peningkatan pengetahuan dan sikap gizi seimbang pada mahasiswa Poltekkes Kemenkes Yogyakarta.

Metode Penelitian: Jenis penelitian yang digunakan adalah *quasi experimental* dengan desain penelitian *pretest posttest with control group design* pada mahasiswa Poltekkes Kemenkes Yogyakarta. Jumlah sampel sebanyak 30 mahasiswa untuk masing-masing kelompok. Instrumen penelitian menggunakan kuesioner dan media infografis dan leaflet. Analisis data menggunakan *Paired Sampel T-Test, Independent Sampel T-Test, dan Mann Whitney*.

Hasil Penelitian: Terdapat perbedaan rerata skor *posttest* pengetahuan antara kedua kelompok ($p=0,019$). Terdapat perbedaan rerata skor *posttest* sikap yang signifikan antara kedua kelompok ($p=0,43$). Terdapat perbedaan yang signifikan selisih skor rerata pengetahuan gizi seimbang pada kelompok eksperimen dengan kontrol ($p=0,007$). Tidak ada perbedaan yang signifikan selisih skor rerata sikap gizi seimbang pada kelompok eksperimen dengan kontrol ($p=0,451$).

Kesimpulan: Terdapat pengaruh edukasi gizi dengan media infografis dan *leaflet* terhadap peningkatan pengetahuan dan sikap mahasiswa. Media infografis lebih efektif dibandingkan dengan *leaflet* terhadap peningkatan pengetahuan gizi seimbang, sedangkan antara media infografis dan *leaflet* memiliki tingkat efektifitas yang sama terhadap peningkatan sikap gizi seimbang mahasiswa.

Kata kunci: infografis, pengetahuan, sikap, gizi seimbang