

EFFECT OF COUNSELING WITH POSTER MEDIA ON KNOWLEDGE OF PHYSICAL ACTIVITY AND FAST FOOD ON OVERWEIGHT TEENAGERS IN JUNIOR HIGH SCHOOLS IN YOGYAKARTA

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ABSTRACT

Background: Low physical activity is one of over nutritional or obesity risks. Apart from that, choosing of food in teenagers usually do not consider the nutrition, but only think the taste. Knowledge has an important role in forming someone's habit. One of the ways to improve knowledge is by health education such as counselling. Media used in the research were poster and flipchart.

Research Purpose: to know the effect counselling using poster media on knowledge about physical activity and fast food in overweight teenagers at Junior High School 1 and 6 Yogyakarta.

Research Method: The research was quasi-experiment with pretest and posttest with control group design. It was conducted in April 2018. Research populations of the research were students grade VII at SMPN 1 dan 6 Yogyakarta with overweight status. The sample were 51 students. The data were analyzed used independent sample t-test.

Research Result: The average score of physical activity before being given poster media was 4,96 (1,822) while the score after was 8,12 (1,336) and the average score of fast food knowledge before being given poster media was 4,92 (1,598) while the score after was 7.19 (1.386). The research results showed that there was an effect of poster media on knowledge of physical activity ($p = 0,006$) and knowledge of fast food ($p = 0,002$).

Conclusion: The counselling with poster media more effective improvement student's knowledge of physical activity and fast food .

Keywords: Poster, Flipchart, knowledge, physical activity, Fast food

**PENGARUH PENYULUHAN DENGAN MEDIA POSTER TERHADAP
PENGETAHUAN TENTANG AKTIFITAS FISIK DAN MAKANAN *FAST
FOOD* PADA REMAJA GEMUK SMP
DI YOGYAKARTA**

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ABSTRAK

Latar Belakang : Aktifitas fisik rendah merupakan salah satu resiko terjadinya gizi lebih atau obesitas. Selain itu pemilihan makanan pada remaja tidak memperhatikan kandungan gizinya melainkan sekedar merasakan kenikmatan dan kesenangan. Pengetahuan mempunyai peran penting dalam pembentukan kebiasaan seseorang. Salah satu cara meningkatkan pengetahuan yaitu dengan pendidikan kesehatan diantaranya penyuluhan. Media yang digunakan pada penelitian yaitu poster dan *flipchart*.

Tujuan Penelitian : mengetahui pengaruh penyuluhan media poster terhadap pengetahuan aktifitas fisik dan makanan *fast food* pada remaja gemuk SMPN 1 dan 6 Yogyakarta.

Metode Penelitian : Penelitian ini yaitu *quasi eksperiment* dengan rancangan *pretest* dan *posttest with control group design*. Penelitian dilaksanakan pada bulan April 2018. Populasi penelitian yaitu siswa kelas VII SMPN 1 dan 6 Yogyakarta dengan status gizi gemuk. Sampel dengan jumlah 51 siswa. Analisis data menggunakan *independent samples t-test*.

Hasil Penelitian : Rata-rata skor pengetahuan aktifitas fisik sebelum pemberian media poster 4,96 (1,822) sedangkan sesudahnya yaitu 8,12 (1,336) dan rata-rata skor pengetahuan makanan *fast food* sebelum pemberian media poster 4,92 (1,598) sedangkan sesudahnya yaitu 7,19 (1,386). Hasil penelitian menunjukkan adanya pengaruh pemberian media poster terhadap pengetahuan aktifitas fisik ($p=0,006$) dan pengetahuan makanan *fast food* ($p=0,002$).

Kesimpulan : Penyuluhan dengan media poster lebih epektif meningkatkan pengetahuan siswa tentang aktivitas fisik dan makanan *fast food*.

Kata Kunci : Poster, *Flipchart*, Pengetahuan, Aktifitas fisik, *Fast food*