

THE USE OF GERMAS ANIMATED VIDEOS IN IMPROVING THE KNOWLEDGE AND ATTITUDE OF ADOLESCENTS

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ABSTRACT

Background: Germas animated video is a medium for conveying messages to improve the community's ability to carry out health efforts independently.

Objective: To determine the increase in knowledge and attitudes of adolescents with the animated video Germas.

Methods: This type of research is pre-experimental with one group pre-test and post-test research. The research sample was 34 students of class VIII at 3 Jetis Bantul Junior High School. The research instrument used a questionnaire and animated video media. Test the validity and reliability of the questionnaire using 20 respondents. Each question item is declared valid if r count is greater than 0.444 and is said to be reliable if r alpha is greater than r table. The feasibility test for animated video media was carried out by two material experts and media experts. The aspects assessed are audio, visual, animation, narration, duration, relevance to the purpose, illustrations, materials, and the use of Language. Animated video is said to be feasible if the overall feasibility test results have a decent score (61-80%) or very feasible (81-100 %). Animated video media is very suitable for research. The data analysis used in this research is normality analysis, univariate analysis, and bivariate analysis.

Results: The average knowledge score of Germas before being given education was 25.18 ± 2.724 while the average knowledge score after being given education with media in the form of animated videos is 27.29 ± 3.030 . The results showed that there was a significant difference in the mean knowledge score ($p=0.003$). The average attitude score before being given education was 79.06 ± 11.300 . Meanwhile, the average attitude score after being given education with animated videos was 79.59 ± 8.918 . The results showed that Germas' average attitude score was relatively constant ($p=0.810$).

Conclusion: There is an average increase in knowledge scores and attitude scores after receiving education with Germas animated videos.

Keywords: Animated video, Knowledge, Attitude, Germas

PENGGUNAAN VIDEO ANIMASI GERMAS DALAM MENINGKATKAN PENGETAHUAN DAN SIKAP REMAJA

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ABSTRAK

Latar Belakang : Video animasi Germas merupakan media penyampaian pesan untuk meningkatkan kemampuan masyarakat agar dapat melakukan upaya kesehatan secara mandiri.

Tujuan : Mengetahui peningkatan pengetahuan dan sikap remaja dengan video animasi Germas

Metode : Jenis penelitian adalah pre eksperimen dengan desain penelitian *one group pre test and post test*. Sampel penelitian sejumlah 34 orang siswi kelas VIII di SMP Negeri 3 Jetis Bantul. Instrumen penelitian menggunakan kuesioner dan media video animasi. Dilakukan uji validitas dan reliabilitas kuesioner menggunakan responden sebanyak 20 orang. Setiap item pertanyaan dinyatakan valid apabila r hitung lebih besar dari 0,444 dan dikatakan reliabel jika r alfa lebih besar dari r tabel. Uji kelayakan media video animasi dilakukan oleh dua orang ahli materi dan ahli media. Aspek yang dinilai adalah audio, visual, animasi, narasi, durasi, relevansi dengan tujuan, ilustrasi, materi, dan penggunaan bahasa. Video animasi dikatakan layak apabila keseluruhan hasil uji kelayakan memiliki skor layak (61-80%) atau sangat layak (81-100%). Media video animasi sangat layak digunakan untuk penelitian. Analisis data yang digunakan pada penelitian adalah uji normalitas, analisis univariat, dan analisis bivariat.

Hasil : Rata-rata skor pengetahuan Germas sebelum diberikan edukasi adalah $25,18 \pm 2,724$ sedangkan, rata-rata skor pengetahuan setelah diberikan edukasi dengan media berupa video animasi adalah $27,29 \pm 3,030$. Hasil penelitian menunjukkan terdapat perbedaan signifikan pada rerata skor pengetahuan ($p=0,003$). Rata-rata skor sikap sebelum diberikan edukasi adalah $79,06 \pm 11,300$. Sedangkan, rata-rata skor sikap setelah diberikan edukasi dengan video animasi adalah $79,59 \pm 8,918$. Hasil penelitian menunjukkan rerata skor sikap Germas relatif tetap ($p=0,810$).

Kesimpulan : Terdapat peningkatan rata-rata pada skor pengetahuan dan skor sikap setelah mendapatkan edukasi dengan video animasi Germas.

Kata Kunci : Video animasi, Pengetahuan, Sikap, Germas