

DEVELOPMENT OF E-BOOKLET EDUCATIONAL MEDIA TOWARDS INCREASING KNOWLEDGE AND ATTITUDES IN PREVENTING STUDENT OBESITY SENIOR HIGH SCHOOL

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ABSTRACT

Background: Adolescent obesity is a complex health issue characterized by excessive fat accumulation and is associated with various non-communicable diseases such as diabetes mellitus, hypertension, and cardiovascular disease. WHO (2022) reported that over 390 million children and adolescents aged 5–19 were overweight. In Indonesia, the prevalence is 3,3%, with higher rates in Yogyakarta (5,6%) and Sleman Regency (7,35%). Lack of nutritional knowledge and poor attitudes among adolescents are key risk factors. Digital educational media such as e-booklet are needed to raise awareness about early obesity prevention.

Objective: To determine the effect of developing e-booklet educational media on improving knowledge and attitudes in obesity prevention among high school students.

Methods: This study was a quasi-experimental design with a pretest-posttest and control group. The subjects were students at SMA Negeri 1 Godean, divided into an intervention group (lecture + e-booklet) and a control group (lecture only). Measurements were taken before and after the intervention, with two posttests (on the same day and 7 days after). Data were analyzed using univariate and bivariate tests.

Results: There was a significant increase in knowledge and attitudes in both groups ($p\text{-value} = 0,001$; $p < 0,05$). Nutrition education with lectures and e-booklet media was effective in improving knowledge ($p = 0,001$). Both media-assisted and non-media lectures were equally effective in improving attitudes ($p = 0,122$; $p > 0,05$).

Conclusion: Nutrition education using e-booklet media significantly influenced knowledge and attitudes. Lectures with e-booklet media were more effective in increasing students' knowledge about obesity prevention.

Keywords: Education, E-booklet, High School Students, Obesity

PENGEMBANGAN MEDIA EDUKASI *E-BOOKLET* TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP DALAM PENCEGAHAN OBESITAS SISWA SMA

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ABSTRAK

Latar Belakang: Obesitas pada remaja merupakan masalah kesehatan yang kompleks ditandai dengan penumpukan lemak berlebih dan beresiko menimbulkan berbagai penyakit tidak menular, seperti diabetes melitus, hipertensi, dan penyakit kardiovaskular. WHO (2022) mencatat lebih dari 390 juta anak dan remaja mengalami kelebihan berat badan. Di Indonesia, prevalensinya 3,3%, lebih tinggi di DIY (5,6%) dan Kabupaten Sleman (7,35%). Kurangnya pengetahuan dan sikap gizi remaja menjadi faktor risiko utama. Media edukasi digital seperti *e-booklet* diperlukan untuk meningkatkan kesadaran pencegahan obesitas sejak dini.

Tujuan Penelitian: Mengetahui pengaruh pengembangan media edukasi *e-booklet* terhadap peningkatan pengetahuan dan sikap dalam pencegahan obesitas siswa SMA.

Metode Penelitian: Penelitian quasi experimental dengan desain *pretest-posttest* dan kelompok kontrol. Subjek adalah siswa SMA Negeri 1 Godean yang dibagi dalam kelompok intervensi (ceramah + *e-booklet*) dan kontrol (ceramah tanpa media). Pengukuran dilakukan sebelum dan setelah intervensi, dengan *posttest* dua kali (hari yang sama dan H+7). Analisis menggunakan uji univariat dan bivariat.

Hasil Penelitian: Peningkatan signifikan pengetahuan dan sikap terjadi pada kedua kelompok dengan *p-value* 0,001 ($p < 0,05$). Edukasi gizi dengan ceramah menggunakan media *e-booklet* efektif terhadap pengetahuan tentang pencegahan obesitas siswa SMA dengan *p-value* 0,001 ($p < 0,05$). Edukasi gizi dengan ceramah menggunakan media *e-booklet* dan ceramah tanpa media sama-sama efektif terhadap sikap tentang pencegahan obesitas siswa SMA dengan *p-value* 0,122 ($p > 0,05$).

Kesimpulan: Terdapat pengaruh edukasi gizi menggunakan media *e-booklet* terhadap pengetahuan dan sikap serta edukasi gizi dengan metode ceramah menggunakan media *e-booklet* lebih efektif dalam meningkatkan pengetahuan siswa SMA terkait pencegahan obesitas.

Kata Kunci: Edukasi, *E-booklet*, Siswa SMA, Obesitas