

INFLUENCE OF EDUCATION USING THE BALANCED NUTRITION WEBSITE ON KNOWLEDGE AND ATTITUDES OF JUNIOR HIGH SCHOOL STUDENTS

Yusta Cindy Claresta¹, Tri Siswati², Esthy Rahman Asih

Department of Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta

Correspondence : yustacindy@gmail.com

ABSTRACT

Background : The high prevalence of nutritional problems among adolescents can lead to short- and long-term health disorders. Schools, as key learning environments, play an important role in delivering nutrition education, yet traditional media often fail to engage students.

Objective : To determine the effect of education using the Balanced Nutrition website on the knowledge and attitudes of junior high school students, and to compare its effectiveness with that of a conventional Balanced Nutrition KIT.

Methods : A quasi-experimental pretest–posttest design with a control group was conducted. Eighty eighth-grade students from SMP Negeri 1 Mlati and SMP Negeri 1 Seyegan were selected by simple random sampling and divided into an intervention group (website) and a control group (KIT). Both groups received a pretest, followed by three 30-minute intervention sessions on days 1, 3, and 5, and a posttest on day 5.

Results : Both groups showed a significant increase in knowledge scores (website: 39.90→48.43; $p<0.001$; control: 37.00→45.44; $p<0.001$) and attitude scores (website: 48.28→52.27; $p<0.001$; control: also significant improvement). Comparison between groups revealed that the website was not superior in improving knowledge but was significantly more effective in enhancing students' attitudes.

Conclusion : The Balanced Nutrition website is an effective interactive educational strategy: although knowledge gains were comparable to the conventional KIT, the website proved more impactful in improving students' attitudes toward balanced nutrition.

Kata Kunci : *Website*, KIT, Junior High School Students; Balanced Nutrition

PENGARUH EDUKASI MENGGUNAKAN MEDIA WEBSITE GIZI SEIMBANG TERHADAP PENGETAHUAN DAN SIKAP SISWA SMP

Yusta Cindy Claresta¹, Tri Siswati², Esthy Rahman Asih

Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta

Email : yustacindy@gmail.com

ABSTRAK

Latar Belakang : Tingginya prevalensi masalah gizi pada remaja dapat menimbulkan gangguan kesehatan jangka pendek maupun jangka panjang. Sekolah sebagai salah satu lingkungan belajar berperan penting dalam memberikan edukasi gizi, namun media tradisional sering kurang menarik bagi siswa.

Tujuan : Mengetahui pengaruh edukasi menggunakan media *Website* Gizi Seimbang terhadap tingkat pengetahuan dan sikap siswa SMP, serta membandingkan efektivitasnya dengan KIT Gizi Seimbang.

Metode : *Quasi-experimental design pretest-posttest* dengan kelompok kontrol. Delapan puluh siswa kelas VIII dari SMP Negeri 1 Mlati dan SMP Negeri 1 Seyegan dipilih dengan *simple random sampling*, dibagi menjadi kelompok perlakuan (*website*) dan kontrol (KIT), masing-masing mendapat *pre-test*, intervensi selama tiga sesi (hari 1, 3, 5; 30 menit/sesi), lalu *post-test* pada hari 5.

Hasil : Kedua kelompok menunjukkan peningkatan signifikan skor pengetahuan (*website*: 39,90→48,43; $p<0,001$; kontrol: 37,00→45,44; $p<0,001$) dan sikap (*website*: 48,28→52,27; $p<0,001$; kontrol: meningkat signifikan). Perbandingan antar-kelompok memperlihatkan bahwa *website* tidak lebih unggul dalam pengetahuan, namun lebih efektif meningkatkan sikap siswa.

Kesimpulan : Media *website* Gizi Seimbang efektif sebagai strategi edukasi interaktif: meski peningkatan pengetahuan setara dengan KIT konvensional, *website* terbukti berpengaruh dalam memperbaiki sikap siswa terhadap gizi seimbang.

Kata Kunci : *Website*, KIT, Siswa SMP, Gizi Seimbang