

EFFECTIVENESS OF VIDEO USAGE ON JUNIOR HIGH SCHOOL STUDENTS' KNOWLEDGE AND SKILLS ON NUTRITIONAL STATUS ASSESSMENT

Siti Khoirun Nisa¹, Irianton Aritonang², Susilo Wirawan³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Daerah Istimewa Yogyakarta
55293, (0274) 617601

Email: khrnnisa0303@gmail.com

ABSTRACT

Background: Adolescents are a group that is vulnerable to nutritional problems. Data from measurements conducted by the Temon I Health Center, showed that out of 200 students measured, the prevalence of students with poor nutritional status was 5.80%; undernutrition 8.70%; overnutrition 13.53%; and obesity 6.76%. Knowledge and skills are needed in assessing nutritional status to help prevent overnutrition and undernutrition problems early on.

Objective: To determine the effectiveness of using videos and power points on the knowledge and skills of Junior High School (SMP) students regarding nutritional status assessment.

Method: This study used a quasi-experimental design with a Pre-Post Test With Control Group design. This study was conducted in January 2025 at SMP Negeri 1 Temon and SMP Negeri 2 Temon with a sample size of 32 people each. Each group was given a pre-test then given nutrition counseling using videos in the treatment group and power points in the control group, then a post-test was conducted. The variables studied were knowledge and skills. The normality test used the Shapiro-Wilk test and continued with statistical analysis using the Wilcoxon test and the Mann-Whitney test.

Results: The results of the statistical test showed an increase in the average knowledge score of 33.88 ($p = 0.000$) in the treatment group and an increase in the average score of 31.22 ($p = 0.000$) in the control group. The results of the statistical test showed that there was an average increase in skill scores of 46.66 ($p = 0.000$) in the treatment group and an average increase in skill scores of 45.69 ($p = 0.000$) in the control group. The comparison of the average increase in knowledge between video and power point media obtained a p-value of 0.008, while the comparison of the average increase in skills between video and power point obtained a p-value of 0.399.

Conclusion: Video is more effective than power point in increasing knowledge, while video and power point have the same effectiveness in improving the skills of Junior High School (SMP) students regarding nutritional status assessment.

Keywords: video, power point, knowledge, skills, junior high school students, nutritional status assessment.

EFEKTIVITAS PENGGUNAAN VIDEO TERHADAP PENGETAHUAN DAN KETERAMPILAN SISWA SEKOLAH MENENGAH PERTAMA (SMP) TENTANG PENILAIAN STATUS GIZI

Siti Khoirun Nisa¹, Irianton Aritonang², Susilo Wirawan³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Daerah Istimewa Yogyakarta
55293, (0274) 617601

Email: khrnnisa0303@gmail.com

ABSTRAK

Latar Belakang: Remaja merupakan kelompok yang rentan terhadap masalah gizi. Data hasil pengukuran yang dilakukan oleh Puskesmas Temon I, menunjukkan bahwa dari 200 siswa yang diukur, didapatkan prevalensi siswa yang memiliki status gizi buruk 5,80%; gizi kurang 8,70%; gizi lebih sebesar 13,53%; dan obesitas sebesar 6,76%. Pengetahuan dan keterampilan diperlukan dalam menilai status gizi untuk membantu mencegah masalah gizi lebih maupun gizi kurang sejak dini.

Tujuan: Mengetahui efektivitas penggunaan video dan *power point* terhadap pengetahuan dan keterampilan siswa Sekolah Menengah Pertama (SMP) tentang penilaian status gizi.

Metode: Penelitian ini menggunakan desain *quasi eksperiment* dengan rancangan *Pre-Post Test With Control Group*. Penelitian ini dilakukan pada bulan Januari 2025 di SMP Negeri 1 Temon dan SMP Negeri 2 Temon dengan masing-masing jumlah sampel 32 orang. Setiap kelompok dilakukan *pre-test* kemudian diberikan penyuluhan gizi menggunakan video pada kelompok perlakuan dan *power point* pada kelompok kontrol, lalu dilakukan *post-test*. Variabel yang diteliti adalah pengetahuan dan keterampilan. Uji normalitas menggunakan uji *Shapiro-Wilk* dan dilanjutkan analisis statistik menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil: Hasil uji statistik menunjukkan terdapat kenaikan rata-rata skor pengetahuan 33,88 ($p = 0,0001$) pada kelompok perlakuan dan kenaikan rata-rata skor sebesar 31,22 ($p = 0,0001$) pada kelompok kontrol. Hasil uji statistik menunjukkan terdapat kenaikan rata-rata skor keterampilan 46,66 ($p = 0,0001$) pada kelompok perlakuan dan kenaikan rata-rata skor sebesar 45,69 ($p = 0,0001$) pada kelompok kontrol. Perbandingan rata-rata peningkatan pengetahuan antara media video dan *power point* diperoleh *p-value* 0,008, sedangkan perbandingan rata-rata peningkatan keterampilan antara video dan *power point* diperoleh *p-value* 0,399.

Kesimpulan: Video lebih efektif dibandingkan *power point* dalam meningkatkan pengetahuan, sedangkan video dan *power point* memiliki efektivitas yang sama dalam meningkatkan keterampilan siswa Sekolah Menengah Pertama (SMP) tentang penilaian status gizi.

Kata Kunci: video, *power point*, pengetahuan, keterampilan, siswa SMP, penilaian status gizi.