

THE EFFECT OF BALANCED NUTRITION VIDEO EDUCATION MEDIA ON THE KNOWLEDGE AND ATTITUDES OF BRIDE-TO-BE WOMEN AT KUA GODEAN

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ABSTRACT

Background: Indonesia faces a double burden of malnutrition, including chronic energy deficiency (CED) in women of childbearing age (WCA) with a significant prevalence in Yogyakarta (21.2% of WCA and 21.4% of pregnant women). The preconception period (ages 15-49) is a critical time for prevention. Unfortunately, 81.8% of prospective brides have limited understanding of balanced nutrition.

Objective: This study was to determine the effect of educational videos on the knowledge and attitudes of prospective brides about balanced nutrition.

Methods: This study used a quasi-experimental design with a pretest-posttest with control group design. Knowledge and attitude measurements were conducted three times (pretest, post-1, and post-2). The sample consisted of 46 prospective brides registered at KUA Godean and KUA Depon. Data collection was conducted using questionnaires. Data were analyzed statistically to compare the results before and after the intervention.

Results: The respondents' knowledge ($p=0.157$) and attitudes ($p=0.610$) before the intervention showed comparable conditions. There was an increase in post-1 and post-2 scores compared to pre-test scores. Knowledge and attitudes of the intervention group increased significantly in both post-tests. Meanwhile, the control group only increased significantly in post-2. Both groups showed a significant difference in knowledge in post-1 (0.040).

Conclusion: Video educational media increase knowledge and attitudes more quickly and effectively than leaflets.

Keywords: Educational media, educational videos, balanced nutrition, KEK

PENGARUH MEDIA EDUKASI VIDEO GIZI SEIMBANG TERHADAP PENGETAHUAN DAN SIKAP CALON PENGANTIN WANITA DI KUA GODEAN

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ABSTRAK

Latar Belakang : Indonesia menghadapi beban gizi ganda, termasuk Kekurangan energi Kronik (KEK) pada Wanita Usia Subur (WUS) dengan prevalensi signifikan di Yogyakarta (21,2% WUS dan 21,4% ibu hamil). Periode pra-konsepsi (usia 15-49 tahun) merupakan masa kritis untuk pencegahan. Sayangnya, 81,8% calon pengantin memiliki pemahaman terbatas tentang gizi seimbang.

Tujuan: Penelitian ini mengetahui pengaruh video edukasi terhadap pengetahuan dan sikap calon pengantin tentang gizi seimbang.

Metode: Penelitian ini menggunakan quasi experiment dengan rancangan pretest-posttest with control group design. Pengukuran pengetahuan dan sikap dilakukan sebanyak 3 kali (pre-test, post-1, dan post-2). Sampel merupakan calon pengantin terdaftar di KUA Godean dan KUA Depok sebanyak 46 orang. Pengumpulan data dilakukan menggunakan kuesioner. Data dianalisis secara statistik untuk membandingkan hasil sebelum dan setelah intervensi.

Hasil: Pengetahuan ($p=0,157$) dan sikap ($p=0,610$) responden sebelum intervensi menunjukkan kondisi yang sebanding. Terdapat peningkatan skor post-1 dan post-2 dibandingkan skor pre-test. Pengetahuan dan sikap kelompok intervensi meningkat signifikan pada kedua post-test. Sedangkan, kelompok kontrol hanya meningkat signifikan pada post-2. Kedua kelompok penunjukan perbedaan pengetahuan yang signifikan pada post-1 (0,040)

Kesimpulan: Media edukasi video meningkatkan pengetahuan dan sikap yang lebih cepat dan efektif dibandingkan leaflet.

Kata kunci: Media edukasi, video edukasi, gizi seimbang, KEK.