

**Pengaruh Pemberian Buku Saku Edukasi Angka Kecukupan Gizi Terhadap  
Pengetahuan dan Sikap Dalam Perencanaan Menu Gizi Seimbang oleh  
Penyedia Layanan Makanan di Asrama Madrasah Muallimin  
Muhammadiyah Yogyakarta**

Emanuel Tas'au<sup>1</sup>, Joko Susilo<sup>2</sup>, Almira Sitasari<sup>3</sup>  
E-mail : [tasauemanuel@gmail.com](mailto:tasauemanuel@gmail.com)

**ABSTRAK**

**Latar Belakang.** Kesehatan remaja, terutama di asrama, bergantung pada pemenuhan gizi seimbang. Namun, masalah gizi seperti *underweight*, *overweight*, dan obesitas masih tinggi di Indonesia, termasuk Yogyakarta. Kurangnya pemahaman penyedia makanan tentang Angka Kecukupan Gizi (AKG) dan variasi menu menjadi penyebab utama. Edukasi diperlukan untuk meningkatkan pengetahuan dan mengubah sikap penyedia makanan agar merencanakan menu berdasarkan AKG remaja. Buku Saku Edukasi AKG dapat menjadi solusi untuk tantangan ini..

**Tujuan.** Mengetahui pengaruh Buku Saku Edukasi AKG terhadap pengetahuan dan sikap penyedia makanan dalam perencanaan menu gizi seimbang di Asrama.

**Metode.** Penelitian ini menggunakan metode *quasi eksperimen* dengan desain *pre-test post-test control group*, yang dilaksanakan pada April 2025. Populasi penelitian adalah karyawan pada dapur umum Kampus Terpadu Madrasah Muallimin Muhammadiyah Yogyakarta, dengan teknik *total sampling* (30 responden). Analisis data menggunakan *Paired Sample T-test* dan *Mann-Whitney*.

**Hasil.** Terdapat perbedaan rata-rata skor pengetahuan dan sikap responden sebelum dan sesudah edukasi pada kelompok intervensi menggunakan buku saku ( $p=0,000$  dan  $p=0,001$ ). Terdapat perbedaan rata-rata skor pengetahuan dan responden sebelum dan sesudah edukasi pada kelompok kontrol tanpa buku saku ( $p=0,006$  dan  $p=0,111$ ). Terdapat perbedaan pengetahuan dan sikap antara kelompok intervensi menggunakan buku saku dan kelompok kontrol tanpa menggunakan buku saku ( $p=0,000$  dan  $p=0,0000$ ).

**Kesimpulan.** Edukasi menggunakan media buku saku efektif terhadap peningkatan pengetahuan dan sikap penyedia layanan makanan tentang perencanaan menu gizi seimbang berdasarkan angka kecukupan gizi.

**Kata Kunci:** Angka Kecukupan Gizi, Perencanaan Menu, Buku Saku

<sup>1</sup>. Mahasiswa Jurusan Gizi Poltekkes Kemenkes Yogyakarta

<sup>2</sup>. Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta

<sup>3</sup>. Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta

**The Effect of Providing Educational Pocket Books on Nutritional Adequacy Figures on Knowledge and Attitudes in Planning Balanced Nutrition Menus by Food Service Providers at the Muallimin Muhammadiyah Yogyakarta Madrasah Dormitory**

Emanuel Tas'au<sup>1</sup>, Joko Susilo<sup>2</sup>, Almira Sitasari<sup>3</sup>  
E-mail : [tasauemanuel@gmail.com](mailto:tasauemanuel@gmail.com)

**ABSTRACT**

**Background.** The health of adolescents, especially in dormitories, depends on the fulfilment of balanced nutrition. However, nutritional problems such as underweight, overweight, and obesity are still high in Indonesia, including Yogyakarta. Lack of food providers' understanding of the Nutritional Adequacy Score (NAC) and menu variations are the main causes. Education is needed to improve knowledge and change attitudes of food providers to plan menus based on adolescent RDAs. The AKG Education Pocket Guide can be a solution to this challenge.

**Objective.** To analyzed the effect of the AKG Education Pocket Guide on the knowledge and attitude of food providers in planning a balanced nutrition menu in a dormitory.

**Methods.** This study was a quasi-experimental method with a pre-test post-test control group design, which was carried out in April 2025. The study population was employees at the general kitchen of the Integrated Campus of Madrasah Muallimin Muhammadiyah Yogyakarta, with total sampling technique (30 respondents). Data analyzed by Paired Sample T-test and Mann-Whitney.

**Results.** There was a difference in the average score of knowledge and attitude of respondents before and after education in the intervention group using pocket books ( $p=0.000$  and  $p=0.001$ ). There was a difference in the average score of knowledge and respondents before and after education in the control group without pocket book ( $p=0.006$  and  $p=0.111$ ). There was a difference in knowledge and attitudes between the intervention group using pocket books and the control group without using pocket books ( $p=0.000$  and  $p=0.0000$ ).

**Conclusion.** Education using pocket book media was effective in increasing the knowledge and attitudes of food service providers about balanced nutrition menu planning based on nutritional adequacy.

**Keywords:** Recommended Dietary Allowances, Menu Planning, Pocket Guide

<sup>1</sup>. Student, Department of Nutrition, Poltekkes Kemenkes Yogyakarta

<sup>2</sup>. Lecturer Department of Nutrition, Poltekkes Kemenkes Yogyakarta

<sup>3</sup>. Lecturer Department of Nutrition, Poltekkes Kemenkes Yogyakarta