

PENGUNAAN MEDIA SAKU AMAN GIZI (SAGI) TERHADAP PENGETAHUAN, SIKAP DAN KADAR GULA DARAH DALAM PENCEGAHAN KANKER PADA MASYARAKAT

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ABSTRAK

Latar Belakang : Pencegahan kanker perlu dilakukan sejak dini melalui pengendalian faktor risiko yang dapat dimodifikasi, salah satunya dengan peningkatan pengetahuan dan sikap mengenai gizi seimbang serta pembatasan konsumsi gula. Media edukasi yang menarik dan mudah dipahami diharapkan dapat meningkatkan efektivitas penyampaian informasi kesehatan.

Tujuan : Mengetahui pengaruh penggunaan Media Saku Aman Gizi (SAGI) terhadap pengetahuan, sikap, dan kadar gula darah sewaktu dalam pencegahan kanker pada wanita usia subur

Metode : Penelitian ini merupakan *quasi experiment* dengan rancangan *pretest-posttest with control group design*. Sampel berjumlah 50 wanita usia subur yang dibagi menjadi kelompok intervensi (media SAGI) dan kelompok kontrol (leaflet), masing-masing sebanyak 25 responden. Data pengetahuan, sikap, dan kadar gula darah sewaktu dikumpulkan sebelum dan sesudah intervensi, kemudian dianalisis menggunakan uji Wilcoxon, *paired t-test*, *Mann-Whitney*, dan *independent t-test*.

Hasil : Kedua media meningkatkan pengetahuan, sikap, dan menurunkan kadar gula darah sewaktu secara bermakna pada masing-masing kelompok ($p < 0,05$). Media SAGI menunjukkan peningkatan pengetahuan dan sikap yang lebih tinggi dibandingkan leaflet ($p = 0,012$ dan $p = 0,046$), sedangkan tidak terdapat perbedaan efektivitas yang signifikan terhadap kadar gula darah sewaktu ($p = 0,627$)

Kesimpulan : Media SAGI lebih efektif dibandingkan leaflet dalam meningkatkan pengetahuan dan sikap wanita usia subur mengenai pencegahan kanker, namun kedua media memiliki efektivitas yang relatif sama dalam menurunkan kadar gula darah sewaktu.

Kata Kunci: Saku Aman Gizi (SAGI), pengetahuan, sikap, kadar gula darah sewaktu, pencegahan kanker.

**THE EFFECT OF THE SAFE NUTRITION POCKET MEDIA (SAGI) ON
KNOWLEDGE, ATTITUDES, AND BLOOD SUGAR LEVELS IN CANCER
PREVENTION AMONG THE COMMUNITY**

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ABSTRACT

Background: Cancer prevention should begin early by controlling modifiable risk factors, including improving knowledge and attitudes regarding balanced nutrition and reducing excessive sugar consumption. Educational media that are practical, attractive, and easy to understand are expected to enhance the effectiveness of health education.

Objective: To determine the effect of using the Safe Nutrition Pocket (Saku Aman Gizi/SAGI) media on knowledge, attitudes, and random blood glucose levels related to cancer prevention among women of reproductive age.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group. A total of 50 women of reproductive age were divided into an intervention group receiving the SAGI media and a control group receiving a leaflet, with 25 participants in each group. Data on knowledge, attitudes, and random blood glucose levels were collected before and after the intervention and analyzed using the Wilcoxon test, paired t-test, Mann–Whitney U test, and independent t-test.

Results: Both educational media significantly improved knowledge and attitudes while reducing random blood glucose levels within each group ($p < 0.05$). Compared with the leaflet, the SAGI media produced significantly greater improvements in knowledge ($p = 0.012$) and attitudes ($p = 0.046$). However, no significant difference was found between the two media in reducing random blood glucose levels ($p = 0.627$).

Conclusion: The SAGI media was more effective than the leaflet in improving knowledge and attitudes related to cancer prevention among women of reproductive age, whereas both media demonstrated comparable effectiveness in reducing random blood glucose levels.

Keywords: Safe Nutrition Pocket (SAGI), knowledge, attitudes, random blood glucose, cancer prevention.