

**PENGARUH EDUKASI GIZI DENGAN MEDIA VIDEO  
ANIMASI TERHADAP *BODY IMAGE* DI SMA  
LABORATORIUM PERCONTOHAN  
UPI BANDUNG TAHUN 2020**

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**Abstrak**

Masa remaja diawali dengan timbulnya tanda-tanda pubertas yang menyebabkan perhatian terhadap *body image* semakin meningkat. Edukasi gizi merupakan salah satu cara menghindari munculnya *body image* negatif. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi gizi menggunakan media video animasi terhadap perubahan persepsi dan pengetahuan *body image*. Penelitian dilakukan menggunakan desain *true experimental* dengan metode uji perbedaan *Wilcoxon* dan uji efektivitas *Mann Whitney*. Persepsi *body image* diukur menggunakan *Figure Rating Scale (FRS)* dan *Body Shape Questionnaire (BSQ-16)* serta pengetahuan *body image* menggunakan kuesioner pengetahuan *body image*. Subjek penelitian siswa SMA Laboratorium Percontohan UPI Bandung tahun 2020 dengan total 55 orang yang dibagi menjadi 2 kelompok, yaitu kelompok intervensi video animasi 29 orang dan kelompok kontrol poster 26 orang. Sampel ditentukan dengan *stratified random sampling* pada 3 angkatan kelas dan penelitian dilakukan selama 1 minggu. Hasil analisis menunjukkan ada pengaruh edukasi gizi setelah diberikan video animasi dan poster terhadap pengetahuan *body image* ( $P=0,000<0,005$ ), namun tidak ada media yang lebih efektif dibandingkan media lainnya ( $P>0,005$ ). Kesimpulan penelitian adalah ada pengaruh edukasi gizi dengan video animasi dan poster terhadap pengetahuan *body image*, namun tidak ada media yang lebih efektif antara video animasi dan poster.

**Kata Kunci** : Edukasi Gizi, Video Animasi, *Body Image*

# **THE EFFECT OF NUTRITION EDUCATION WITH ANIMATED VIDEO ON BODY IMAGE AT SMA LABORATORIUM PERCONTOHAN UPI BANDUNG IN 2020**

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## **Abstract**

Adolescence begins with the onset of signs of puberty which causes increased attention to body image. Nutrition education is one way to avoid the emergence of a negative body image. This study aims to determine the effect of nutrition education using animated video media on changes in perceptions and knowledge of body image. The study was conducted using a true experimental design with the Wilcoxon difference test method and the Mann Whitney effectiveness test. Body image perception was measured using the Figure Rating Scale (FRS) and Body Shape Questionnaire (BSQ-16) and body image knowledge using a body image knowledge questionnaire. The research subjects were students of the SMA Laboratorium Percontohan UPI Bandung in 2020 with a total of 55 people divided into 2 groups, namely the animated video intervention group 29 people and the poster control group 26 people. The sample was determined by stratified random sampling in 3 classes and the study was conducted for 1 week. The results of the analysis showed that there was an effect of nutrition education after being given animated videos and posters on body image knowledge ( $P=0.000<0.005$ ), but no media was more effective than other media ( $P>0.005$ ). The conclusion of this research is that there is an effect of nutrition education with animated videos and posters on knowledge of body image, but there is no more effective medium between animated videos and posters.

**Keyword** : Nutrition Education, Animated Video, Body Image