PENGARUH MEDIA VIDEO TERHADAP PENINGKATAN PENGETAHUAN REMAJA TENTANG PEDOMAN GIZI SEIMBANG DI SMA BUDI MULIA JAKARTA TAHUN 2020

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ABSTRAK

Penelitian ini dilakukan untuk melihat pengaruh media video terhadap peningkatan pengetahuan remaja tentang pedoman gizi seimbang di SMA Budi Mulia Jakarta. Pada penelitian ini menggunakan desain *Pre Experimental Design* dengan rancangan *one group pretest postest*. Responden dipilih secara acak dengan teknik *Stratified Random Sampling*, data diambil dengan pengisian kuesioner secara daring. Penelitian ini dilakukan dengan menggunakan media video yang berisi mengenai 10 pesan gizi seimbang, manfaat menerapkan pedoman gizi seimbang dan dampak kurangnya pengetahuan gizi seimbang. Analisis statistik data menggunakan uji *t-dependen*. Hasil uji *t-dependen* menunjukkan bahwa adanya kenaikan rata-rata nilai pengetahuan sebelum dan sesudah pemutaran video sebesar 20,18. Pada penelitian ini pemutaran media video gizi seimbang dapat meningkatkan rata-rata pengetahuan remaja sebesar 20,18 atau 35,52%. Berdasarkan uji statistik diperoleh nilai P 0,000 ($P<0,05$) sehingga dapat disimpulkan bahwa ada pengaruh antara pengetahuan sebelum dan sesudah pemutaran video.

Kata Kunci : Remaja, Media Video, Pengetahuan Gizi Seimbang

THE INFLUENCE OF VIDEO ON THE IMPROVEMENT OF ADOLESCENT KNOWLEDGE ABOUT BALANCED NUTRITION GUIDELINES AT SMA BUDI MULIA JAKARTA IN 2020

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ABSTRACT

This study was conducted to see the effect of video on increasing adolescent knowledge about the guidelines for balanced nutrition at SMA Budi Mulia Jakarta. In this study, using a *Pre Experimental Design* with a *one group pretest postest design*. Respondents were randomly selected using the *Stratified Random Sampling* technique, and the data were collected by filling out an online questionnaire. This research was conducted using video containing 10 messages on balanced nutrition, the benefits of implementing balanced nutrition guidelines and the impact of a lack of knowledge on balanced nutrition. Statistical analysis of data using *t-dependent test*. The results of the *t-dependent test* showed that there was an increase in the average value of knowledge before and after the video screening by 20.18. In this study, playing the video about balanced nutrition can increase the average knowledge of adolescents by 20.18 or 35.52%. Based on the statistical test, it was obtained that the P value was 0.000 (P <0.05) so that it could be concluded that there was an influence between the knowledge before and after the video playback.

Keywords : Adolescent, Video Media, Balanced Nutrition Knowledge