

HUBUNGAN PENINGKATAN PENGETAHUAN PEDOMAN GIZI SEIMBANG MELALUI MEDIA SOSIAL INSTAGRAM TERHADAP REMAJA UMUR 18-24 TAHUN

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Abstrak

Saat ini, di Indonesia mengalami beban gizi ganda atau double burden, dimana masyarakat yang kurang gizi terus meningkat dan belum tertangani secara tuntas sementara itu, masyarakat dengan gizi lebih mulai meningkat. Kurangnya pengetahuan seseorang akan berpengaruh pada masalah gizi seimbang. Gizi seimbang merupakan susunan pangan sehari-hari yang mengandung zat gizi dalam jumlah dan jenis yang sesuai dengan kebutuhan tubuh seseorang dengan memperhatikan prinsip keanekaragaman pangan, aktifitas fisik, perilaku hidup bersih dan memperhatikan berat badan normal untuk mencegah masalah gizi. Penelitian ini untuk mengetahui hubungan peningkatan pengetahuan pedoman gizi seimbang (keanekaragaman pangan, perilaku hidup bersih dan sehat, aktivitas fisik, dan mempertahankan berat badan normal) melalui media social instagram terhadap remaja umur 18-24 tahun. Penelitian ini adalah kuantitatif dan menggunakan desain *cross sectional*. Sampel penelitian ini terdiri dari 67 following akun media sosial instagram Fatimah menggunakan teknik *purposive sampling*. Media informasi menggunakan instagram, pengumpulan menggunakan kuesioner google form. Berdasarkan hasil uji *Wilcoxon* menunjukkan adanya hubungan peningkatan pengetahuan pedoman gizi seimbang setelah intervensi pengetahuan gizi melalui media sosial instagram ($P=0.000$). Terdapat hubungan peningkatan pengetahuan pedoman gizi seimbang (keanekaragaman pangan, perilaku hidup bersih dan sehat, aktivitas fisik, dan mempertahankan berat badan normal) melalui media sosial instagram terhadap remaja umur 18-24 tahun.

Kata Kunci: Media Sosial Instagram, Remaja, Pengetahuan Pedoman Gizi Seimbang.

IMPROVED KNOWLEDGE RELATIONSHIP BALANCED NUTRITION GUIDELINES THROUGH INSTAGRAM SOCIAL MEDIA TO ADOLESCENT AGED 18-24 YEARS

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Abstract

Indonesia experiences a double nutritional burden, where malnourished people continue to increase and have not yet been completely dealt with in the meantime, communities with more nutrition are starting to increase. The lack of knowledge of a person will affect the problem of balanced nutrition. Balanced nutrition is a daily food composition that contains nutrients in the amount and type that suits the needs of a person's body by paying attention to food diversity, physical activity, clean living behavior and pay attention to normal weight to prevent nutritional problems. This research was to find out about relationship between increasing knowledge of balanced nutrition guidelines (food diversity, clean and healthy life behavior, physical activity, and maintaining normal weight) through social media Instagram for adolescents aged 18-24 years. This research was quantitative and uses cross sectional design. The research sample consisted of 67, Fatimah was using Instagram social media accounts following as a purposive sampling technique. Media information used in this study was Instagram, and data collection was collected using Google form questionnaire. Based on the Wilcoxon test results showed an association of increased knowledge of balanced nutrition guidelines after nutrition knowledge intervention through social media Instagram ($P = 0.000$). There is a relationship of increasing knowledge of balanced nutrition guidelines (food diversity, clean and healthy life behavior, physical activity, and maintaining normal weight) through social media Instagram for adolescents aged 18-24 years.

Keywords: Social Media Instagram, Adolescent, Knowledge Guidelines Nutrition Balanced.