

ABSTRAK

EFEKTIVITAS PENDIDIKAN KESEHATAN MELALUI MEDIA AUDIOVISUAL TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP MAHASISWA FIKES UNIVERSITAS JENDERAL SOEDIRMAN DALAM PENCEGAHAN OSTEOPOROSIS

Erika Amelia¹, Nuriya², Wahyudi Mulyaningrat³

Latar Belakang : Osteoporosis merupakan penyakit kelainan tulang yang dapat terjadi pada berbagai tingkatan usia, termasuk usia muda. Upaya pencegahan perlu dilakukan dengan meningkatkan pengetahuan dan sikap melalui media audiovisual

Tujuan : Untuk mengetahui efektivitas pendidikan kesehatan melalui media audiovisual terhadap peningkatan pengetahuan dan sikap mahasiswa FIKes

Metodologi : Desain penelitian *Quasi Eksperiment two group pretest-posttest with control group design*. Teknik sampling menggunakan *cluster random sampling* sebanyak 100 partisipan terdiri dari 50 partisipan setiap kelompok. Data dikumpulkan berdasarkan kuesioner pengetahuan (OKAT) dan sikap pencegahan osteoporosis yang diisi secara online. Analisis data menggunakan uji *Paired Sample T-Test*, uji *Wilcoxon*, dan uji *Mann Whitney*

Hasil Penelitian : Median usia 19 tahun, 80% berjenis kelamin perempuan, dan 22% berasal dari jurusan keperawatan. Hasil *pretest* pengetahuan kelompok intervensi memiliki median 10,00 dan *mean posttestnya* 13,68. Hasil *pretest* sikap kelompok intervensi memiliki *mean* 38,68 dan *posttestnya* 40,26. Hasil *pretest* pengetahuan kelompok kontrol memiliki *mean* 11,84 dan median *posttestnya* 12,50. Hasil *mean pretest* sikap kelompok kontrol 40,40 dan median *posttestnya* 41,00. Hasil uji *Wilcoxon* pengetahuan kelompok intervensi $p=0,000$; pengetahuan kelompok kontrol $p=0,041$ dan sikap kelompok kontrol $p=0,758$. Hasil uji *Paired Sample T-Test* sikap kelompok intervensi $p=0,052$. Hasil uji *Mann Whitney* pengetahuan $p=0,602$ dan sikap 0,368

Kesimpulan : Terdapat pengaruh pendidikan kesehatan melalui media audiovisual terhadap pengetahuan tetapi tidak berpengaruh pada sikap pencegahan osteoporosis mahasiswa FIKes.

Kata Kunci : Media audiovisual; pengetahuan; sikap; mahasiswa; osteoporosis

¹Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

^{2,3}Dosen Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

ABSTRACT

THE EFFECTIVENESS OF HEALTH EDUCATION THROUGH AUDIOVISUAL MEDIA ON INCREASING KNOWLEDGE AND ATTITUDES OF FIKES STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY IN PREVENTING OSTEOPOROSIS

Erika Amelia¹, Nuriya², Wahyudi Mulyaningrat³

Background: Osteoporosis is a bone disorder that can occur at various ages, including young people. Prevention efforts need to be made by increasing knowledge and attitudes through audiovisual media

Objective: To determine the effectiveness of health education through audiovisual media in increasing the knowledge and attitudes of FIKes students

Methodology: Quasi-experimental research design, two group pretest-posttest with control group design. The sampling technique used cluster random sampling of 100 participants consisting of 50 participants in each group. Data was collected based on a knowledge questionnaire (OKAT) and attitudes towards osteoporosis prevention which were filled out online. Analysis used the Paired Sample T-Test, Wilcoxon test, and Mann Whitney test

Research Results: Median age 19 years, 80% were female, and 22% came from the nursing department. The pretest knowledge results for the intervention group had a median of 10.00 and a posttest mean of 13.68. The pretest results for the intervention group's attitude had a mean of 38.68 and the posttest was 40.26. The control group's knowledge pretest results had a mean of 11.84 and a posttest median of 12.50. The mean pretest attitude result for the control group was 40.40 and the median posttest was 41.00. The results of the Wilcoxon test for knowledge of the intervention group were $p=0.000$; knowledge of the control group $p=0.041$ and attitude of the control group $p=0.758$. The results of the Paired Sample T-Test for the attitude of the intervention group were $p=0.052$. The results of the Mann Whitney test for knowledge were $p=0.602$ and attitude 0.368

Conclusion: There is an influence of health education through audiovisual media on knowledge but it has no effect on attitudes towards osteoporosis prevention among FIKes students.

Keyword : Audiovisual media; knowledge; attitude; student; osteoporosis

¹Student of Nursing Departement, Faculty of Health Sciences, Jenderal Soedirman University

^{2,3}Lecture of Nursing Departement, Faculty of Health Science, Jenderal Soedirman University