

Abstrak

PENGARUH EDUKASI GIZI MENGGUNAKAN MEDIA *FOOD REMINDER CARD* TERHADAP PENGETAHUAN, SIKAP, DAN PRAKTIK PEMORSIAN MAKAN SESUAI ISI PIRINGKU (Studi Pada Remaja di SMA Negeri 2 Purwokerto)

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Latar Belakang: Prevalensi *overweight* pada remaja di Indonesia, terutama di Kabupaten Banyumas cukup tinggi sebesar 5,73% dan berpotensi meningkatkan risiko penyakit tidak menular. Pengetahuan gizi merupakan salah satu faktor terbentuknya sikap dan perilaku dalam memilih makanan. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi gizi menggunakan media *food reminder card* terhadap pengetahuan, sikap, dan praktik pemorsian makan sesuai isi piringku di SMAN 2 Purwokerto.

Metodologi: Penelitian ini menggunakan desain *quasi eksperimental one group pretest-posttest* dengan 43 responden. Responden diambil dengan metode *purposive sampling*. Edukasi diberikan dengan menggunakan media *food reminder card* selama 7 hari. Instrumen yang digunakan yaitu kuesioner pengetahuan dan sikap isi piringku, *form food checklist* isi piringku, dan *food picture* 3x24 jam. Data diuji menggunakan uji *Wilcoxon*.

Hasil Penelitian: Terdapat pengaruh media *Food Reminder Card* terhadap pengetahuan ($p=0,003$). Tidak terdapat pengaruh media *Food Reminder Card* terhadap sikap ($p=0,060$) dan praktik pemorsian makan sesuai isi piringku ($p=0,266$).

Kesimpulan: Terdapat pengaruh media *Food Reminder Card* terhadap pengetahuan isi piringku pada remaja di SMA Negeri 2 Purwokerto. Namun, tidak terdapat pengaruh media *Food Reminder Card* terhadap sikap dan praktik pemorsian makan sesuai isi piringku pada remaja di SMA Negeri 2 Purwokerto.

Kata Kunci: *Food Reminder Card*, Isi Piringku, Pengetahuan, Praktik Pemorsian Makan, Remaja, Sikap

Abstract

INFLUENCE OF NUTRITION EDUCATION USING FOOD REMINDER CARD MEDIA ON KNOWLEDGE, ATTITUDE, AND PRACTICE OF PORTIONING FOOD ACCORDING TO *ISI PIRINGKU* GUIDELINES (Study on Adolescents At SMA Negeri 2 Purwokerto)

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Background: The prevalence of overweight among adolescents in Indonesia, especially in Banyumas Regency was quite high at 5,73% and has the potential to increase the risk of non-communicable diseases. Nutritional knowledge is one of the factors in the formation of attitudes and behaviors in choosing food. This study aims to determine the effect of nutrition education using food reminder card media on knowledge, attitudes, and practices of portioning food according to the contents of *isi piringku* at SMAN 2 Purwokerto.

Methodology: This study used a quasi-experimental one group pretest-posttest design with 43 respondents. Respondents were taken by purposive sampling method. Education was provided using food reminder card media for 7 days. The instruments used were knowledge and attitude questionnaire of *isi piringku* contents, food checklist form of *isi piringku* contents, and 3x24 hour food picture. Data were tested using the Wilcoxon test.

Results: There was an effect of Food Reminder Card media on knowledge ($p=0.003$). There was no effect of Food Reminder Card media on attitudes ($p=0.060$) and the practice of portioning food according to the contents of *isi piringku* ($p=0,266$).

Conclusion: There was an effect of Food Reminder Card media on the knowledge of the contents of *isi piringku* in adolescents at SMA Negeri 2 Purwokerto. However, there was no effect of Food Reminder Card media on attitudes and practices of portioning food according to the contents of *isi piringku* for adolescents at SMA Negeri 2 Purwokerto.

Keywords: Food Reminder Card, *Isi Piringku*, Knowledge, Food Portioning Practices, Adolescents, Attitude