

**Abstrak**  
**EFEKTIVITAS INTERVENSI BERBASIS MEDIA SOSIAL TERHADAP  
PENGETAHUAN GIZI, ASUPAN ENERGI, DAN PROTEIN REMAJA  
KURANG ENERGI KRONIK DI PERDESAAN DAN PERKOTAAN**

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**Latar Belakang:** Kekurangan Energi Kronik (KEK) adalah kondisi remaja putri mengalami kekurangan asupan energi dan protein dalam waktu lama. Remaja KEK hamil, berpotensi melahirkan bayi BBLR. Media sosial adalah media populer di kalangan remaja. Penelitian bertujuan untuk mengetahui efektivitas media sosial dalam peningkatan pengetahuan gizi, asupan energi, dan protein remaja KEK di wilayah perdesaan dan perkotaan.

**Metode:** Penelitian *quasi experimental* dengan *one group pretest posttest*. Pengambilan sampel dengan teknik *purposive sampling*. Sebanyak 56 remaja putri KEK dari SMAN 1 Baturraden (perdesaan) dan 54 remaja putri KEK dari SMAN 5 Purwokerto (perkotaan). Pengetahuan Gizi diambil menggunakan kuesioner pengetahuan, data asupan energi protein menggunakan *recall 2x24 jam*. Analisis statistik menggunakan *dependen T-test*, *Wilcoxon*, *independent T-test*, *Mann-Whitney*.

**Hasil:** Rata-rata perubahan skor pengetahuan gizi di perdesaan (2,71) dan perkotaan (2,48). Rata-rata perubahan asupan energi di perdesaan (510,66 Kkal) dan perkotaan (592,43 Kkal). Rata-rata asupan protein di perdesaan (24,78 gram) dan perkotaan (20,78 gram). Ada perbedaan sebelum dan sesudah pendidikan gizi pada pengetahuan gizi, asupan energi, asupan protein di perdesaan ( $p=0.000$ ) dan perkotaan ( $p=0.000$ ). Tidak ada perbedaan perubahan pengetahuan gizi ( $p=0,899$ ), asupan energi ( $p=0,426$ ), asupan protein ( $p=0,663$ ) di perdesaan dan perkotaan.

**Kesimpulan:** Ada perbedaan pengetahuan gizi, asupan energi, dan protein sebelum dan sesudah intervensi media sosial di perdesaan maupun perkotaan. Tidak ada perbedaan perubahan pengetahuan gizi, asupan energi, dan protein di perdesaan dan perkotaan.

**Kata kunci:** Asupan Energi, Asupan Protein, Kekurangan Energi Kronis, Media Sosial, Remaja Putri.

## Abstract

### THE INTERVENTION EFFECTIVITY BASED ON SOCIAL MEDIA THROUGH KNOWLEDGE OF NUTRITION, INTAKE ENERGY AND PROTEIN IN ADOLESCENT WHO GETS CHRONIC ENERGY DEFICIENCY IN RURAL AND URBAN AREA

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**Background:** Chronic Energy Deficiency (CED) is a condition of female adolescent experiencing a lack of energy and protein intake for long time. CED adolescent are pregnant, potentially giving birth to LBW babies. Social media is a popular media among adolescent. The study aims to determine the effectiveness of social media in improving nutrition knowledge, intake of energy and protein to adolescent in rural and urban area.

**Method:** A quasi experimental with one group pretest posttest. Sampling using purposive sampling technique. A total of 56 CED girls from SMAN 1 Baturraden represented rural group and 54 CED girls from SMAN 5 Purwokerto represented urban group. Knowledge data was taken using a knowledge questionnaire, energy protein intake data using 2x24 hour recall. Statistical analysis using dependent T-test, Wilcoxon, Independent T-test, Mann-Whitney.

**Result:** Mean transformation score in rural (2,71) and urban (2,48). Mean transformation energy intake in rural (510,66 Kkal) and urban (592,43 Kkal). Mean transformation protein intake in rural (24,78 gram) and urban (20,78 gram). There was a difference improvement in nutrition knowledge, energy intake, protein intake in rural areas ( $p = 0.000$ ) and urban areas ( $p = 0,000$ ). There were no differences in changes in nutrition knowledge ( $p = 0.899$ ), energy intake ( $p = 0.426$ ), protein intake ( $p = 0.663$ ) in rural and urban areas.

**Conclusion:** There is a difference in nutrition knowledge, energy intake, and protein intake before and after social media intervention both in rural and urban area. There is no different exchange in nutrition knowledge, energy intake, and protein intake in rural and urban area.

**Keyword:** Chronic Energy Deficiency, Energy Intake, Female Adolescent, Protein Intake, Social Media.