

**PROGRAM STUDI SARJANAN KEBIDANAN FAKULTAS KESEHATAN
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PEKANBARU**

Riset, 25 Juli 2025

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**Hubungan Video Edukasi Gizi Seimbang Terhadap Pengetahuan, Sikap dan
Perilaku di SMPN 17 Pekanbaru**

iv + 76 Halaman + 20 Tabel + 17 Lampiran

ABSTRAK

Masalah gizi pada remaja merupakan isu kesehatan global yang masih menjadi tantangan, termasuk di Indonesia. Rendahnya pengetahuan dan perilaku konsumsi gizi seimbang menjadi faktor utama yang memengaruhi status gizi remaja. Penelitian ini bertujuan untuk mengetahui hubungan edukasi gizi menggunakan media video terhadap pengetahuan dan status gizi remaja di SMPN 17 Pekanbaru. Penelitian ini menggunakan desain kuasi *eksperimen* dengan pendekatan *One Group Pre-Test dan Post-Test*. Sampel terdiri dari 66 responden yang dipilih melalui teknik *systematic random sampling*. Data dianalisis menggunakan uji Wilcoxon karena data tidak berdistribusi normal. Hasil penelitian menunjukkan adanya peningkatan signifikan pada pengetahuan ($Z = -7,075$, $p = 0.000$), sikap ($Z = -3.933$, $p = 0.000$), dan perilaku ($Z = -5.853$, $p = 0.000$) remaja setelah diberikan edukasi melalui video. Kesimpulan dari penelitian ini adalah media video edukasi gizi efektif dalam meningkatkan pengetahuan, sikap, dan perilaku makan sehat remaja. Edukasi gizi berbasis audiovisual dapat dijadikan strategi intervensi yang efisien dalam upaya perbaikan status gizi remaja.

Kata Kunci : Gizi seimbang, edukasi video, remaja, perilaku makan, status gizi
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***The Relationship of Balanced Nutrition Education Video to Knowledge, Attitudes
and Behaviors at SMPN 17 Pekanbaru***

v + 76 schemes+ 20 table + 17 appendixes

ABSTRACT

Nutrition problems in adolescents are a global health issue that is still a challenge, including in Indonesia. Low knowledge and behavior of balanced nutrition consumption are the main factors that affect the nutritional status of adolescents. This study aims to determine the relationship between nutrition education using video media and the knowledge and nutritional status of adolescents at SMPN 17 Pekanbaru. This study uses a quasi-experimental design with a One Group Pre-Test and Post-Test approach. The sample consisted of 66 respondents who were selected through systematic random sampling techniques. The data were analyzed using the Wilcoxon test because the data were not normally distributed. The results showed a significant increase in the knowledge ($Z = -7.075$, $p = 0.000$), attitudes ($Z = -3.933$, $p = 0.000$), and behavior ($Z = -5.853$, $p = 0.000$) of adolescents after being given education via video. The conclusion of this study is that nutrition education video media is effective in improving adolescents' knowledge, attitudes, and healthy eating behaviors. Audiovisual-based nutrition education can be used as an efficient intervention strategy in an effort to improve the nutritional status of adolescents.

Keywords : *Balanced nutrition, educational videos, teenagers, eating behavior, nutritional status*

References : 74 (2015-2025)