

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Studi *Literature Review*, 10 Oktober 2025

Eka Fadilla

Analisis Program Edukasi Pada Remaja Putri Dalam Upaya Pencegahan Stunting

Vi + 96 Halaman + 3 Tabel + 4 Lampiran

ABSTRAK

Stunting masih menjadi salah satu masalah gizi di Indonesia yang berdampak pada pertumbuhan dan perkembangan anak. Remaja putri merupakan kelompok penting dalam pencegahan stunting karena berada pada masa pertumbuhan dan persiapan menuju masa prakonsepsi. Penelitian ini bertujuan menganalisis program edukasi gizi bagi remaja putri sebagai upaya pencegahan stunting. Penelitian menggunakan metode *Literature Review* dengan pedoman PRISMA 2020. Sebanyak 20 artikel nasional dan internasional yang diterbitkan pada tahun 2020–2025 dianalisis sesuai kriteria inklusi. Hasil kajian menunjukkan bahwa program edukasi gizi efektif meningkatkan pengetahuan, sikap, dan perilaku remaja putri terkait gizi dan pencegahan stunting. Edukasi yang dilaksanakan di sekolah, pesantren, komunitas, dan keluarga memberikan hasil yang lebih baik apabila menggunakan metode interaktif, seperti diskusi, media audiovisual, booklet, dan permainan edukatif. Secara keseluruhan, edukasi gizi berperan penting dalam membentuk perilaku hidup sehat remaja putri sebagai upaya pencegahan stunting.

Kata kunci : *Edukasi gizi; remaja putri; perilaku gizi seimbang; pencegahan stunting; literatur review*

Daftar Bacaan : 30 (2021-2025)

**BACHELOR OF PUBLIC HEALTH PROGRAM FACULTY OF HEALTH &
INFORMATICS PAYUNG NEGERI HEALTH INSTITUTE PEKANBARU
Literature Review Study, October 10, 2025**

Eka Fadilla

**Analysis of Educational Programs for Adolescent Girls in Stunting Prevention
Efforts**

Vi + 96 Pages + 3 Tables + 4 Appendixes

ABSTRACT

Stunting remains one of the major nutritional problems in Indonesia, affecting children's growth and development. Adolescent girls are an important target group for stunting prevention because they are in a critical period of growth and preparation for the preconception stage. This study aimed to analyze nutrition education programs for adolescent girls as an effort to prevent stunting. This study employed a Literature Review method based on the PRISMA 2020 guidelines. A total of 20 national and international articles published between 2020 and 2025 were analyzed according to the inclusion criteria. The findings showed that nutrition education programs were effective in improving adolescent girls' knowledge, attitudes, and behaviors related to nutrition and stunting prevention. Nutrition education implemented in schools, Islamic boarding schools, communities, and families produced better outcomes when interactive methods, such as discussions, audiovisual media, booklets, and educational games, were used. Overall, nutrition education plays an important role in promoting healthy behaviors among adolescent girls and serves as an effective strategy for stunting prevention.

Keywords : *Nutrition education; adolescent girls; balanced nutritional behavior; stunting prevention; literature review*

References : 30 (2021-2025)