

Pengaruh Komik Digital “Anne dan Mia” sebagai Media Pendidikan Gizi terhadap Peningkatan Pengetahuan, Sikap, dan Praktik Pencegahan Anemia Remaja Putri

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ABSTRAK

Latar Belakang: Masalah gizi yang terjadi pada remaja putri salah satunya adalah anemia defisiensi zat besi akibat kurangnya pengetahuan tentang anemia. Pendidikan gizi menggunakan komik digital yang memiliki alur cerita dan melibatkan perasaan diharapkan dapat meningkatkan pengetahuan, sikap, dan praktik pencegahan anemia.

Tujuan penelitian: Mengetahui pengaruh media pendidikan gizi berupa komik digital “Anne dan Mia” terhadap peningkatan pengetahuan, sikap, dan praktik pencegahan anemia pada remaja putri.

Metode: Penelitian menggunakan desain *quasi experimental* rancangan *pre test-post test control group design* melibatkan 60 siswi kelas VIII SMP Negeri 1 Palimanan yang dipilih menggunakan metode *simple random sampling*. Kelompok intervensi diberi komik digital dan kelompok kontrol diberi *leaflet* digital. Data pengetahuan, sikap, dan praktik diambil dengan wawancara menggunakan kuesioner terstruktur. Analisis data menggunakan *independent t-test* dan uji *Mann Whitney*.

Hasil: Terdapat peningkatan skor pengetahuan sebanyak $16,8 \pm 14,99\%$, peningkatan skor sikap sebanyak $4,6 \pm 5,57\%$, dan peningkatan skor praktik sebanyak $3,0 \pm 6,21\%$ secara signifikan ($p < 0,05$) pada kelompok komik digital, sedangkan pada kelompok *leaflet* digital tidak terdapat peningkatan skor pengetahuan, sikap, dan praktik secara signifikan ($p > 0,05$). Ada perbedaan peningkatan pengetahuan dan sikap antar kelompok ($p < 0,05$), tetapi tidak ada perbedaan peningkatan praktik antar kelompok ($p > 0,05$).

Simpulan: Terdapat pengaruh komik digital “Anne dan Mia” terhadap peningkatan pengetahuan dan sikap pencegahan anemia pada remaja putri.

Kata Kunci: komik digital, anemia, remaja putri

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The Effect of Digital Comic "Anne and Mia" as Nutrition Education Media on Increase of Knowledge, Attitude, and Practice of Anemia Prevention of Adolescent Girls

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ABSTRACT

Background: One of the nutritional problems that occurs in adolescent girls is iron deficiency anemia due to a lack of knowledge about anemia. Nutrition education using digital comics that have a storyline and involve feelings is expected to improve knowledge, attitudes, and practices in anemia prevention..

Objective: To determine the effect of nutrition education media in the form of the digital comics "Anne and Mia" on increasing knowledge, attitudes, and practices of preventing anemia in adolescent girls.

Methods: The study used a quasi-experimental pre-test-post-test control group design involving 60 grade VIII SMP Negeri 1 Palimanan students who were selected using a simple random sampling method. The intervention group was given digital comics and the control group was given digital leaflets. Knowledge, attitude, and practice data were collected by interview using a structured questionnaire. Data were analyzed using independent t-tests and Mann-Whitney tests.

Results: There was a significant increase in knowledge score of $16,8 \pm 14,99\%$, an increase in attitude score of $4,6 \pm 5,57\%$, and an increase in practice score of $3,0 \pm 6,21\%$ ($p < 0,05$) in the digital comic group, while in the digital leaflet group there was no significant increase in knowledge, attitude, or practice scores ($p > 0,05$). There was a difference in the increase of knowledge and attitude between groups ($p < 0,05$), but there was no difference in the increase of practice between groups ($p > 0,05$).

Conclusion: There is an effect of digital comics "Anne and Mia" on increase of knowledge and attitudes to prevent anemia in adolescent girls.

Keywords: digital comic, anemia, adolescent girls

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