

**Pengaruh Program Aksi Bergizi terhadap Pengetahuan, Sikap, dan Praktik Gizi dan Kesehatan pada Remaja Putri Usia 12-14 Tahun di Kabupaten Kudus**

**Ainun Permata Shanie<sup>1</sup>, Adriyan Pramono<sup>1</sup>, Nuryanto<sup>1</sup>, Fillah Fithra Dieny<sup>1</sup>**

E-mail: apermatashanie@gmail.com, adriyanpramono@lecturer.undip.ac.id, nyt\_gizi@yahoo.com, fillahdieny@gmail.com

**ABSTRAK**

**Latar Belakang:** Masa remaja merupakan tahapan kehidupan yang memerlukan peningkatan kebutuhan zat gizi. Faktor-faktor seperti rendahnya pengetahuan dan praktik gizi dan kesehatan yang buruk memperparah masalah gizi pada remaja. Untuk mengatasi masalah ini, Kementerian Kesehatan Republik Indonesia dan UNICEF bekerjasama dengan menginisiasi Program Aksi Bergizi yang merupakan program pendidikan gizi remaja yang terintegrasi dan responsif terhadap gender untuk mengatasi beban ganda masalah gizi pada remaja.

**Tujuan:** Tujuan penelitian ini untuk mengetahui pengaruh Program Aksi Bergizi terhadap pengetahuan, sikap, dan praktik gizi dan kesehatan remaja putri di Kabupaten Kudus.

**Metode:** Penelitian ini merupakan studi kuasi eksperimen dengan desain *one group pre-post test*. Jumlah subjek 95 siswi kelas 7, 8, dan 9 dari dua sekolah. Subjek diberikan Program Aksi Bergizi berupa sarapan bersama, konsumsi Tablet Tambah Darah (TTD), aktivitas fisik, dan pendidikan gizi sebanyak satu kali dalam seminggu selama satu bulan. Data pengetahuan, sikap, dan praktik diperoleh dengan wawancara menggunakan kuesioner terstruktur sebelum dan setelah diberikan Program Aksi Bergizi. Perbedaan pengetahuan, sikap, dan praktik gizi dan kesehatan diuji dengan Uji Wilcoxon.

**Hasil:** Hasil penelitian ini menunjukkan bahwa Program Aksi Bergizi berpengaruh terhadap perubahan pengetahuan ( $p=0,000$ ), kecukupan asupan ( $p=0,000$ ), keanekaragaman asupan ( $p=0,000$ ), aktivitas fisik ( $p=0,000$ ), dan kepatuhan konsumsi TTD ( $p=0,000$ ). Hasil penelitian juga menunjukkan bahwa Program Aksi Bergizi tidak berpengaruh terhadap perubahan sikap ( $p=0,239$ ) dan kecukupan asupan protein ( $p=0,760$ ) sebelum dan sesudah Program Aksi Bergizi.

**Simpulan:** Terdapat pengaruh Program Aksi Bergizi terhadap pengetahuan dan praktik gizi dan kesehatan remaja putri di Kabupaten Kudus.

**Kata Kunci:** Pengetahuan, praktik, program aksi bergizi, sikap

---

<sup>1</sup>Program Studi Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

**The Effect of the Action on Nutrition Programme on Knowledge, Attitude, and Practice of Nutrition and Health among Adolescent Girls Aged 12-14 Years in Kudus Regency**

**Ainun Permata Shanie<sup>1</sup>, Adriyan Pramono<sup>1</sup>, Nuryanto<sup>1</sup>, Fillah Fithra Dieny<sup>1</sup>**

E-mail: apermatashanie@gmail.com, adriyanpramono@lecturer.undip.ac.id, nyt\_gizi@yahoo.com, fillahdieny@gmail.com

**ABSTRACT**

**Background:** Adolescence is a nutritionally vulnerable and critical life stage. Factors such as low knowledge and poor nutritional and health practices exacerbate nutritional problems in adolescents. To overcome this problem, the Ministry of Health of Republic of Indonesia and UNICEF collaborated to initiate the Action on Nutrition Programme, an integrated gender responsive adolescent nutrition program to address the triple burden of malnutrition among adolescent.

**Objective:** The study aimed to see the effect of nutrition on knowledge, attitude, and practice of nutrition among adolescent girls aged 12-14 years in Kudus Regency.

**Methods:** The research design used one group pre-post test design of a quasi-experimental design. Subjects were 95 adolescent girls randomly selected through purposive random sampling method among the 7th, 8th, and 9th graders from two schools. They were given the Action on Nutrition Programme: (1) breakfast and weekly iron-folic acid supplementation, (2) physical activity, (3) nutrition education once a week for a month. The data were collected through interview using structured questionnaires before and after intervention. The differences in knowledge, attitude, and practice of nutrition and health were tested by Wilcoxon test.

**Results:** The results of this study indicate that the Action on Nutrition Programme has a significant effect on changes in knowledge ( $p=0,000$ ), adequacy of intake ( $p=0,000$ ), diet diversity ( $p=0,000$ ), physical activity ( $p=0,000$ ), and TTD consumption ( $p=0,000$ ). The study also shows that the Action on Nutrition Programme doesn't have an effect on changes in attitudes ( $p=0,239$ ) and adequacy of protein intake ( $p=0,760$ ) before and after the Action on Nutrition Programme.

**Conclusion:** The Action on Nutrition Programme has a significant effect on the knowledge and practices of nutrition and health among adolescent girls in Kudus Regency.

**Keywords:** *knowledge, practice, Action on Nutrition Programme, attitude*

---

<sup>1</sup>Nutrition Department, Faculty of Medicine, Diponegoro University, Semarang