

Pengaruh Edukasi Gizi melalui Permainan “Nutri-Eduno” (*Nutrition Education* UNO) Terhadap Pengetahuan, Sikap, dan Praktik Remaja dalam Pencegahan Stunting

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ABSTRAK

Latar Belakang: Stunting harus diputus mata rantainya dengan perilaku hidup sehat sejak remaja. Media edukasi modifikasi kartu UNO diharapkan dapat digunakan sebagai media penyampaian informasi edukasi gizi dalam peningkatan pengetahuan, sikap, dan praktik remaja dalam pencegahan stunting.

Tujuan Penelitian: Tujuan penelitian ini adalah menganalisis pengaruh edukasi gizi melalui permainan “Nutri-Eduno” (*Nutrition Education* UNO) terhadap pengetahuan, sikap, dan praktik remaja dalam pencegahan stunting.

Metode: Penelitian menggunakan desain *quasy experimental* dengan *pre-post group* yang dilakukan pada kelompok intervensi dan kelompok kontrol masing-masing sejumlah 27 orang siswa-siswi SMP Sudirman Semarang yang dipilih secara *purposive sampling*. Kelompok intervensi diberi edukasi menggunakan permainan “Nutri-Eduno”, kelompok kontrol menggunakan *booklet*. Pengetahuan, sikap, dan praktik diukur menggunakan kuesioner terstruktur. Analisis menggunakan uji *Wilcoxon*, uji *Mann Whitney*, dan uji kovarian.

Hasil: Terdapat peningkatan skor pengetahuan ($p < 0,001$) dan sikap ($p = 0,034$) secara signifikan pada kelompok intervensi. Pengetahuan antara kedua kelompok berbeda secara signifikan ($p = 0,001$). Sikap ($p = 0,212$) dan praktik ($p = 0,082$) antara kedua kelompok tidak terdapat perbedaan.

Simpulan: Terdapat pengaruh edukasi dengan “Nutri-Eduno” terhadap peningkatan pengetahuan remaja dalam pencegahan stunting lebih efektif dari metode ceramah dengan menggunakan *booklet*.

Kata Kunci: Edukasi gizi, kartu UNO, stunting, remaja

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The Effect of Nutrition Education through the "Nutri-Eduno" (Nutrition Education UNO) Games on Knowledge, Attitudes and Practices of Adolescents in Stunting Prevention

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ABSTRACT

Background: The problem of stunting must be prevented through healthy living behavior from adolescence. It is hoped that the UNO card modification educational media can be used as a medium for delivering nutritional education information in increasing knowledge, attitudes, and practices of adolescents in preventing stunting.

Objective: The aim of this research is to analyze the effect of nutrition education through the "Nutri-Eduno" (Nutrition Education UNO) games on the knowledge, attitudes, and practices of adolescents in preventing stunting.

Methods: The research used a quasi-experimental design with a pre-post group carried out in the intervention group and control group, each of which was 27 students from SMP Sudirman Semarang, who were selected using purposive sampling. The intervention group was given education using the game "Nutri-Eduno", the control group used a booklet. Knowledge, attitudes and practices were measured using a structured questionnaire. Analysis uses the Wilcoxon test, Mann Whitney test, and covariance test.

Results: There was a significant increase in knowledge scores ($p < 0.001$) and attitudes ($p = 0.034$) in the intervention group. Knowledge between the two groups differed significantly ($p = 0.001$). There were no differences in attitudes ($p = 0.212$) and practices ($p = 0.082$).

Conclusion: There is an effect of education with "Nutri-Eduno" on increasing adolescents' knowledge in preventing stunting more effective than using booklet.

Keywords: Nutrition education, UNO card, stunting, adolescents

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