

**“PENGARUH EDUKASI GIZI DENGAN MEDIA *LEAFLET* TERHADAP
PENGETAHUAN DAN SIKAP DALAM PEMILIHAN MAKANAN SEHAT
PADA REMAJA DI SMK FARMASI SURABAYA”**

ABSTRAK

Kegemukan adalah kondisi penumpukan jaringan adiposa yang berlebihan di dalam tubuh. Hal ini disebabkan gaya hidup remaja sering sarapan dan menyukai konsumsi makanan cepat saji dan juga salah memilih makanan sehingga membuat remaja mengalami kegemukan. Penelitian bertujuan menganalisis pengaruh edukasi gizi dengan media *leaflet* terhadap pengetahuan dan sikap pemilihan makanan sehat pada remaja di SMK Farmasi Surabaya. Jenis penelitian adalah *Pre Experimental*, dengan *Pretest* dan *Posttest One Group Design*. Metode pengumpulan data dengan kuesioner dan jumlah sampel 44 responden diambil dengan teknik *simple random sampling*. Uji statistik yakni uji *Wilcoxon Signed Rank Test* untuk mengetahui pengaruh sebelum dan sesudah edukasi. Remaja di SMK Farmasi Surabaya sebagian besar berpengetahuan baik sebelum edukasi (61,4%), setelah edukasi (86,4%). Sedangkan sikap baik sebelum edukasi (72,7%), sikap baik sesudah edukasi (84,1%). Hasil uji *Wilcoxon Signed Rank Test* yakni ada pengaruh edukasi gizi dengan media *leaflet* terhadap pengetahuan dan sikap dalam pemilihan makanan sehat pada remaja di SMK Farmasi Surabaya dengan nilai $p=0,000 < 0,05$. Dapat mengembangkan penelitian berhubungan pada peningkatan pengetahuan dan sikap tentang pemilihan makanan sehat, misalnya perilaku.

Kata Kunci : pemilihan makanan, *leaflet*, pengetahuan, sikap

**“THE EFFECT OF NUTRITIONAL EDUCATION WITH LEAFLET
METHODES ON THE KNOWLEDGE AND ATTITUDES OF YOUTH IN
SELECTING HEALTHY FOOD IN SMK FARMASI SURABAYA”**

ABSTRACT

Obesity is a condition of excessive accumulation of adipose tissue in the body. This is due to the lifestyle of teenagers often having breakfast and liking the consumption of fast food and also choosing the wrong food so that teenagers experience obesity. The aim of this study was to analyze the effect of nutrition education using leaflet media on knowledge and attitudes towards healthy food choices in adolescents at the Pharmacy Vocational School in Surabaya. The type of research is Pre Experimental, with Pretest and Posttest One Group Design. Methods of data collection with a questionnaire and a sample of 44 respondents were taken by simple random sampling technique. The statistical test is the Wilcoxon Signed Runk Test to determine the effect before and after education. Adolescents at the Surabaya Pharmacy Vocational School are mostly knowledgeable both before education (61.4%), after education (86.4%). While good attitude before education (72.7%), good attitude after education (84.1%). The results of the Wilcoxon Signed Rank Test showed that there was an effect of nutrition education using leaflet media on knowledge and attitudes in choosing healthy food for adolescents at the Pharmacy Vocational School in Surabaya with a value of $p = 0.000 < 0.05$. Can develop research related to increasing knowledge and attitudes about healthy food choices, for example behavior.

Keywords: food selection, leaflet, knowledge, attitude