

## ABSTRAK

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### PERBEDAAN PENGETAHUAN GIZI PRA-NIKAH PADA REMAJA PEREMPUAN SEBELUM DAN SESUDAH DIBERIKAN EDUKASI MENGGUNAKAN MEDIA VIDEO ANIMASI DI SMAN 4 BANJARBARU LANDASAN ULIN UTARA

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(xv + 111)

Gizi pra-nikah pada remaja perempuan merupakan suatu upaya khusus untuk memperhatikan status gizi demi tercapainya keluarga yang sehat dan keturunan yang berkualitas. Oleh karena itu, remaja perempuan perlu memperhatikan status gizi mereka sebelum memasuki jenjang pernikahan. Pokok permasalahan dalam penelitian ini adalah perbedaan pengetahuan gizi pra-nikah pada remaja perempuan sebelum dan sesudah diberikan edukasi menggunakan media video animasi di SMAN 4 Banjarbaru Landasan Ulin Utara. Penelitian ini dilakukan di SMAN 4 Banjarbaru Landasan Ulin Utara dengan responden penelitian semua siswi kelas 12 yang dilaksanakan pada bulan Oktober sampai November 2022. Peneliti menggunakan jenis penelitian *Pra-Experimental* dengan rancangan *One Group Pretest-Posttest design* untuk menilai pengetahuan. Berdasarkan hasil dari penelitian, maka diketahui bahwa karakteristik dari segi umur responden terbanyak yaitu umur 17 tahun sebanyak 42 responden (72%). Pengetahuan responden dianalisis menggunakan *Wilcoxon Test*, didapatkan nilai p sebesar 0,001 ( $p < 0,05$ ) yang artinya ada perbedaan pengetahuan remaja perempuan sebelum dan sesudah diberikan edukasi menggunakan media video animasi gizi pra-nikah. Rata-rata skor pengetahuan responden tentang gizi pra-nikah sebelum diberikan intervensi menggunakan media video animasi yaitu sebesar 57,86. Sedangkan rata-rata skor pengetahuan responden tentang gizi pra-nikah sesudah diberikan intervensi menggunakan media video animasi yaitu sebesar 79,24. 1. Diharapkan agar remaja perempuan menambah pengetahuan tentang gizi pra-nikah untuk lebih mudah memahami hal-hal yang harus diperhatikan dalam mengupayakan persiapan pernikahan dari sisi kesehatan terutama gizi yang didapatkan melalui penggunaan media video animasi.

**Kata kunci:** Pengetahuan, remaja perempuan, gizi, pra-nikah, video animasi.

## ABSTRACT

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**DIFFERENCES IN KNOWLEDGE OF PRE-MARRIAGE NUTRITION IN ADOLESCENT WOMEN BEFORE AND AFTER EDUCATION USING ANIMATION VIDEO MEDIA AT SMAN 4 BANJARBARU LANDASAN ULIN UTARA**

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*Pre-marital nutrition for female adolescents is a special effort to pay attention to nutritional status in order to achieve healthy families and quality offspring. Therefore, young women need to pay attention to their nutritional status before entering the marriage stage. The main problem in this study is the difference in knowledge of pre-marital nutrition in female adolescents before and after being given education using animated video media at SMAN 4 Banjarbaru Landasan Ulin Utara. This research was conducted at SMAN 4 Banjarbaru Landasan Ulin Utara with the research respondents being all 12th grade students which was conducted from October to November 2022. The researcher used the Pre-Experimental type of research with the One Group Pretest-Posttest design to assess knowledge. Based on the results of the study, it is known that the characteristics in terms of age of the most respondents are 17 years old as many as 42 respondents (72%). Respondents' knowledge was analyzed using the Wilcoxon Test, obtaining a p value of 0.001 ( $p < 0.05$ ), which means that there is a difference in the knowledge of young women before and after being given education using pre-marital nutrition animated video media. The average score of respondents' knowledge about pre-marital nutrition before being given an intervention using animated video media was 57.86. While the average score of respondents' knowledge about pre-marital nutrition after being given an intervention using animated video media was 79.24. 1. It is hoped that young women will add to their knowledge of pre-marital nutrition to more easily understand the things that must be considered in pursuing marriage preparations from a health perspective, especially nutrition obtained through the use of animated video media.*

**Keywords:** *Animated videos, knowledge, nutrition, pre-marital, young women*