

ABSTRAK

NANDA NADIA PRATIWI. 19S10307

DAYA TERIMA DAN PENGETAHUAN CALON PENGANTIN (CATIN) PEREMPUAN SEBELUM DAN SESUDAH DIBERIKAN EDUKASI MENGGUNAKAN MEDIA *BOOKLET* GIZI PRANIKAH BAHASA BANJAR DI KELURAHAN LANDASAN ULIN UTARA

Skripsi. Program Studi S1 Gizi. 2023.
(xiv + 113)

Status gizi ibu dan anak merupakan penentu kualitas sumber daya manusia dimana status gizi dan kesehatan calon ibu pada masa prakonsepsi, saat kehamilan, dan menyusui merupakan periode yang sangat kritis, sehingga perlu dilakukan persiapan secara fisik maupun pengetahuan mengenai gizi pranikah. Tujuan penelitian ini untuk mengetahui daya terima dan perubahan pengetahuan gizi pranikah pada catin yang terdaftar di Kelurahan Landasan Ulin Utara dengan menggunakan media *booklet* gizi pranikah Bahasa Banjar. Subjek penelitian ini adalah calon pengantin perempuan yang terdaftar di Kelurahan Landasan Ulin Utara. Sampel diambil dengan *Accidental Sampling* berjumlah 30 responden. Metode penelitian yang digunakan adalah *Pra-Experimental* dengan rancangan *one group Pretest-Posttest design* dan *Posttest only design*. Metode uji yang digunakan untuk mendapatkan hasil daya terima yaitu dengan skala *Likert*, sedangkan metode yang digunakan untuk mengukur hasil pengetahuan yaitu dengan uji *Wilcoxon*. Hasil penelitian didapatkan daya terima responden terhadap media *booklet* gizi pranikah Bahasa Banjar sebesar 73,3% dengan kategori sangat diterima, dan berdasarkan uji *Wilcoxon* didapatkan pemberian media *booklet* gizi pranikah Bahasa Banjar memiliki pengaruh terhadap pengetahuan calon pengantin (catin) perempuan ($p=0,001$). Calon pengantin perlu meningkatkan pengetahuan tentang gizi pranikah agar lebih memahami hal-hal yang harus diperhatikan dalam mengupayakan persiapan pernikahan dari sisi kesehatan terutama gizi yang bisa didapatkan melalui penggunaan media *booklet*.

Kata kunci: Daya terima, pengetahuan gizi, media, *booklet*, calon pengantin.

ABSTRACT

NANDA NADIA PRATIWI. 19S10307

ACCEPTABILITY AND KNOWLEDGE OF BRIDE CANDIDATES BEFORE AND AFTER NUTRITIONAL EDUCATION USING PREMARITAL NUTRITION BOOKLET MEDIA IN BANJAR LANGUAGE IN LANDASAN ULIN UTARA SUB-DISTRICT

*Undergraduate Thesis. Bachelor of Nutrition Study Program. 2023.
(xiv + 113)*

The nutritional status of mother and child is a determinant of the quality of human resources where the nutritional and health status of the expectant mother during pre-conception, during pregnancy, and breastfeeding is a very critical period, so it is necessary to make physical preparations as well as knowledge about premarital nutrition. The purpose of this study was to determine the acceptability and changes in knowledge of premarital nutrition in brides candidates who were registered in the Landasan Ulin Utara Village by using the Banjar language premarital nutrition booklet as media. The subjects of this study were brides candidates who were registered in the Landasan Ulin Utara Village. Samples taken by Accidental Sampling amounted to 30 respondents. The research method used was Pre-Experimental with one group Pretest-Posttest design and Posttest only design. The test method used to obtain acceptance results is the Likert scale, while the method used to measure knowledge results is the Wilcoxon test. The results showed that respondents' acceptance of the Banjar language premarital nutrition booklet media was 73.3% with the very acceptable category, and based on the Wilcoxon test it was found that the provision of the Banjar language pre-marital nutrition booklet media had an influence on the knowledge of the prospective bride ($p=0.001$). Brides candidates need to increase their knowledge about premarital nutrition in order to better understand the things that must be considered in making wedding preparations from a health perspective, especially nutrition that can be obtained through the use of booklets.

Keywords: *Acceptability, knowledge of nutrition, media, booklet, bride.*