



UNIVERSITAS ANDALAS

**PENGARUH EDUKASI GIZI MELALUI MEDIA TIKTOK TERHADAP
TINGKAT PENGETAHUAN DAN SIKAP SISWI REMAJA DALAM
PENCEGAHAN ANEMIA DI SMA N 4 KOTA PAYAKUMBUH**

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FAKULTAS KESEHATAN MASYARAKAT

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xii + 90 halaman, 23 tabel, 5 gambar, 10 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui pengaruh edukasi gizi melalui media *TikTok* terhadap tingkat pengetahuan dan sikap siswi remaja dalam pencegahan anemia di SMA N 4 Kota Payakumbuh.

Metode

Jenis penelitian ini *quasi experiment* dengan *control group pre-test post-test design*. Media yang digunakan adalah *TikTok*. Dilakukan di SMAN 4 Kota Payakumbuh pada bulan Februari sampai Juli 2025. Sampel sebanyak 68 siswa menggunakan *purposive sampling*. Analisis data *paired sample t-test* dan *independent sample t-test*.

Hasil

Hasil penelitian ini didapatkan bahwa terdapat perbedaan rata-rata pengetahuan mengenai edukasi gizi dalam pencegahan anemia ketika *pretest* dan *posttest* pada kelompok intervensi dan kelompok kontrol. Terdapat perbedaan rata-rata sikap mengenai edukasi gizi dalam pencegahan anemia ketika *pretest* dan *posttest* pada kelompok intervensi dan kelompok kontrol. Terdapat pengaruh edukasi gizi menggunakan media *TikTok* terhadap tingkat pengetahuan pada kelompok intervensi dan kelompok kontrol dalam pencegahan anemia siswi SMA Negeri 4 Kota Payakumbuh. Tidak terdapat pengaruh edukasi gizi menggunakan media *TikTok* terhadap perubahan sikap dalam pencegahan anemia siswa SMA Negeri 4 Kota Payakumbuh.

Kesimpulan

Edukasi gizi dengan media *TikTok* berpengaruh terhadap perubahan pengetahuan dan sikap. Diharapkan guru dapat menggunakan media *TikTok* untuk edukasi gizi dalam pencegahan anemia.

Daftar Pustaka : 53 (2007-2024)

Kata Kunci : Anemia, Edukasi Gizi, Pengetahuan, Sikap, *TikTok*.

**FACULTY OF PUBLIC HEALTH
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**THE EFFECT OF NUTRITION EDUCATION THROUGH *TIKTOK*
MEDIA ON THE LEVEL OF KNOWLEDGE AND ATTITUDES OF
TEENAGE FEMALE STUDENTS IN ANEMIA PREVENTION AT SMA N
4 KOTA PAYAKUMBUH**

xii + 90 pages, 23 tables, 5 pictures, 10 appendices

ABSTRACT

Objective

This study aims to determine the effect of nutrition education through TikTok media on the level of knowledge and attitudes of female adolescent students in preventing anemia at SMA N 4 Kota Payakumbuh.

Method

This study was a quasi-experimental study with a control group pre-test post-test design. TikTok was used as the medium. It was conducted at SMAN 4 Payakumbuh City from February to July 2025. A purposive sampling technique was used to select 68 students. Data analysis used paired sample t-test and independent sample t-test.

Result

The results of this study showed that there was a difference in the average knowledge regarding nutrition education in preventing anemia during the pretest and posttest in the intervention group and the control group. There was a difference in the average attitude regarding nutrition education in preventing anemia during the pretest and posttest in the intervention group and the control group. There was an effect of nutrition education using TikTok media on the level of knowledge in the intervention group and the control group in preventing anemia in female students of SMA Negeri 4 Kota Payakumbuh. There was no effect of nutrition education using TikTok media on changes in attitudes in preventing anemia in female students of SMA Negeri 4 Kota Payakumbuh.

Conclusion

Nutrition education using TikTok has an impact on changing knowledge and attitudes. It is hoped that teachers will use TikTok for nutrition education to prevent anemia.

Bibliography : 53 (2007-2024)

Keyword : Anemia, Nutrition Education, Knowledge, Attitude, TikTok.