



UNIVERSITAS ANDALAS

**PENGARUH EDUKASI GIZI MENGGUNAKAN MEDIA  
PODCAST DAN WHATSAPP TERHADAP PERUBAHAN  
PENGETAHUAN, SIKAP DAN TINDAKAN DALAM  
PENCEGAHAN ANEMIA PADA SISWI  
SMAN 10 PADANG TAHUN 2020**

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**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS  
PADANG, 2020**

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**Skripsi, September 2020  
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**PENGARUH EDUKASI GIZI MENGGUNAKAN MEDIA PODCAST DAN WHATSAPP TERHADAP PERUBAHAN PENGETAHUAN, SIKAP DAN TINDAKAN DALAM PENCEGAHAN ANEMIA PADA SISWI SMAN 10 PADANG TAHUN 2020**

**x + 89 Halaman, 33 tabel, 7 gambar, 15 lampiran**

**ABSTRAK**

**Tujuan**

Prevalensi anemia dunia sebesar 24,8% dan 46% diantaranya adalah remaja. Salah satu usaha dalam pencegahan anemia pada remaja adalah dengan edukasi gizi. Edukasi gizi dilakukan dengan tujuan remaja memiliki pengetahuan, sikap dan tindakan tentang gizi yang baik sehingga dapat dilakukan pencegahan anemia. Penelitian ini bertujuan untuk melihat pengaruh edukasi gizi menggunakan *podcast* dan *whatsapp* terhadap pengetahuan, sikap dan tindakan dalam pencegahan anemia pada siswi SMAN 10 Padang.

**Metode**

Jenis penelitian ini adalah *quasi-experiment pre-post test with control group design*. Media yang digunakan adalah *podcast* dan *whatsapp*. Penelitian dilakukan di SMAN 10 Padang dari bulan Januari – September 2020. Sampel terdiri dari 90 siswi menggunakan *disproportionate allocation stratified sampling between-strata analysis*. Analisis data secara *paired sample t-test* dan *independent sample t-test*.

**Hasil**

Terjadi peningkatan pengetahuan ( $p=0,000$ ), sikap ( $p=0,000$ ) dan tindakan ( $p=0,004$ ) dalam pencegahan anemia pada kelompok *podcast*. Terjadi peningkatan pengetahuan ( $p=0,000$ ), sikap ( $p=0,000$ ) dan tindakan ( $p=0,000$ ) dalam pencegahan anemia pada kelompok *whatsapp*. Terdapat perbedaan pengetahuan ( $p=0,001$ ), sikap ( $p=0,000$ ) dan tindakan ( $p=0,003$ ) antara kelompok *podcast* dengan kontrol. Terdapat perbedaan pengetahuan ( $p=0,001$ ), sikap ( $p=0,000$ ) dan tindakan ( $p=0,000$ ) antara kelompok *whatsapp* dengan kontrol. Tidak terdapat perbedaan pengetahuan ( $p=0,848$ ) dan sikap ( $p=0,428$ ) antara kelompok *podcast* dengan *whatsapp*. Terdapat perbedaan tindakan ( $p=0,002$ ) antara kelompok *podcast* dengan *whatsapp*.

**Kesimpulan**

Pemberian edukasi gizi menggunakan media *podcast* dan *whatsapp* berpengaruh terhadap perubahan pengetahuan, sikap dan tindakan siswi. Diharapkan sekolah dapat memfasilitasi siswa untuk menyebarluaskan informasi mengenai anemia baik menggunakan *podcast* maupun *whatsapp*.

**Daftar Pustaka**

: 78 (1992 – 2020)

**Kata Kunci**

: anemia, edukasi gizi, *podcast*, *whatsapp*, pengetahuan, sikap, tindakan

**FACULTY OF PUBLIC HEALTH  
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**THE EFFECT OF NUTRITIONAL EDUCATION USING PODCAST AND  
WHATSAPP MEDIA ON CHANGES IN KNOWLEDGE, ATTITUDE AND  
ACTION ON ANEMIA PREVENTION IN SMA 10 PADANG FEMALE  
STUDENTS 2020**

**x + 89 pages, 33 tables, 7 pictures, 15 appendixes**  
**ABSTRACT**

**Objective**

World prevalence of anemia by 24.8% and 46% of them are teenagers. One of the efforts in the prevention of anemia in adolescents is associated anemia with nutrition education. Nutrition education is carried out with the aim that adolescents have good knowledge, attitudes and actions about anemia so that anemia can be prevented. This study aims to see the effect of nutrition education using podcasts and whatsapp on knowledge, attitudes and actions in preventing anemia in SMAN 10 Padang female students.

**Method**

This type of research is quasi-experimental pre-post test with control group design. The media that used are podcast and whatsapp. The study was conducted at SMAN 10 Padang from January – September 2020. The sample consisted of 90 female students using disproportionate allocation stratified sampling between-strata analysis. Data analysis is paired sample t-test and independent sample t-test.

**Result**

Result showed an increase in knowledge ( $p=0000$ ), attitude ( $p=0000$ ) and action ( $p=0004$ ) in podcast's group. Result showed an increase in knowledge ( $p=0000$ ), attitude ( $p=0000$ ) and action ( $p=0000$ ) in whatsapp's group. There was difference in knowledge ( $p=0,001$ ), attitude ( $p=0,000$ ) and action ( $p=0,003$ ) between podcast's and control's group. There was difference in knowledge ( $p=0,001$ ), attitude ( $p=0,000$ ) and action ( $p=0,000$ ) between whatsapp's and control's group. There was no difference in knowledge ( $p=0,848$ ) and attitude ( $p=0,428$ ) between podcast's and whatsapp's group. There was difference in action ( $p=0,002$ ) between podcast's and whatsapp's group.

**Conclusion**

The provision of nutrition education using podcasts and whatsapp media influence the changes in knowledge, attitudes and actions of students. It is expected that the school can facilitate students to disseminate information about anemia using either a podcast or whatsapp.

**References** : 78 (1992-2020)

**Keyword** : anemia, nutrition education, *podcast, whatsapp, knowledge, attitude, action*