



**UNIVERSITAS ANDALAS**  
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**PENGARUH EDUKASI GIZI MELALUI KONSELING GIZI  
TERHADAP PERILAKU MAKAN PADA ATLET DI UPTD KEBAKATAN  
OLAHRAGA PROVINSI SUMATERA BARAT  
TAHUN 2021**

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**UNTUK KEDAJAAN BANGSA**

**JURUSAN ILMU KESEHATAN MASYARAKAT  
FAKULTAS KESEHATAN MASYARAKAT  
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**FAKULTAS KESEHATAN MASYARAKAT  
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**Skripsi, Juni 2021**

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**PENGARUH EDUKASI GIZI MELALUI KONSELING GIZI TERHADAP  
PERILAKU MAKAN PADA ATLET DI UPTD KEBAKATAN  
OLAHRAGA PROVINSI SUMATERA BARAT TAHUN 2021**

**ix + 84 Halaman, 28 tabel, 3 gambar, 10 lampiran**

**ABSTRAK**

**Tujuan**

Berdasarkan studi terdahulu di UPTD Kebakatan Olahraga Provinsi Sumatera Barat memperoleh hasil sebanyak 53,8% atlet memiliki kebiasaan makan yang kurang baik. Penelitian ini bertujuan untuk melihat pengaruh edukasi gizi melalui konseling gizi terhadap perilaku makan pada atlet di UPTD Kebakatan Olahraga Provinsi Sumatera Barat Tahun 2021.

**Metode**

Jenis penelitian ini adalah *pra-experimental* dengan *one group pretest-posttest design*. Media edukasi yang digunakan yaitu *booklet* melalui konseling gizi. Penelitian dilakukan di UPTD Kebakatan Olahraga Provinsi Sumatera Barat dari bulan November 2020 – Juli 2021. Sampel terdiri dari 30 atlet, menggunakan teknik *proporsional random sampling*. Analisis data dilakukan secara *paired sample t-test*.

**Hasil**

Sebelum edukasi gizi, atlet memiliki skor pengetahuan 8,17, sikap 71,7 dan tindakan 10,1. Sedangkan setelah edukasi gizi skor pengetahuan 13,13, sikap 77,4 dan tindakan 12,37. Hasil uji statistik menunjukkan adanya pengaruh edukasi gizi melalui konseling gizi terhadap perubahan pengetahuan ( $p=0,000$ ), sikap ( $p=0,000$ ) dan tindakan ( $p=0,000$ ) pada atlet.

**Kesimpulan**

Pemberian edukasi gizi melalui konseling gizi berpengaruh kepada perubahan pengetahuan, sikap dan tindakan terhadap perilaku makan atlet di UPTD Kebakatan Olahraga Provinsi Sumatera Barat.

**Daftar Pustaka** : 39 (2002-2021)

**Kata Kunci** : perilaku makan, edukasi gizi, konseling gizi, pengetahuan, sikap, tindakan.

**PUBLIC HEALTH FACULTY  
ANDALAS UNIVERSITY**

**Undergraduate Thesis, June 2021  
Rahilla Syofyana, No. BP 1811216026**

**THE EFFECT OF NUTRITIONAL EDUCATION THROUGH  
NUTRITION COUNSELING ON EATING BEHAVIOR IN ATHLETES IN  
UPTD SPORTS ABILITY, WEST SUMATRA PROVINCE IN 2021**

**ix + 84 pages, 28 tables, 7 pictures, 10 appendixes**

**ABSTRACT**

**Objective**

Based on a previous study at the UPTD for Sports Talent, West Sumatra Province, it was found that 53.8% of athletes had poor eating habits. This study aims to examine the effect of nutrition education through nutritional counseling on eating behavior in athletes at the UPTD Sport Talent, West Sumatra Province.

**Method**

This type of research is pre-experimental with one group pretest-posttest design. Educational media used is booklet through nutrition counseling. The study was conducted at the UPTD for Sports Talent, West Sumatra Province from November 2020 - July 2021. The sample consisted of 30 athletes, using a proportional random sampling technique. Data analysis using paired sample t-test.

**Result**

Before nutrition education, athletes had a knowledge score of 8.17, attitude of 71.7 and action of 10.1. While after nutrition education knowledge score 13.13, attitude 77.4 and action 12.37. The results of statistical tests show the influence of nutrition education through nutrition counseling on changes in knowledge ( $p=0,000$ ), attitudes ( $p=0,000$ ) and actions ( $p=0.000$ ) in athletes.

**Conclusion**

The provision of nutrition education through nutritional counseling has an effect on changes in knowledge, attitudes and actions on the eating behavior of athletes in the UPTD for Sports Talent, West Sumatra Province.

**References** : 39 (2002-2021)

**Keywords** : eating behavior, nutrition education, nutrition counseling, knowledge, attitude, action.

