

The Influence Of Nutritional Education Using Video Media On Change Knowledge and Food Intake Of Chronic Energy Deficiency in Adolescent Girls

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ABSTRACT

Chronic Energy Deficiency is a condition in which women of childbearing age experience long and chronic malnutrition (calories and protein). Lack of knowledge and food intake is one of the factors Chronic Energy Deficiency. Knowledge can be increased through education. Video is one of the media can be used for education. Video is an audio-visual medium can be reveal objects and events that look like real situations. Interventions using video are known to be effective in increasing one's knowledge. The purpose of this study was to analyze the effect of nutrition education using video media changes in knowledge and food intake of teenager women with Chronic Energy Deficiency. This is a quantitative research the type of pre-experimental research design with one group pre-test post-test design. The subjects in this study were 45 adolescent girl. The results showed that the average knowledge of adolescent girl increased from 70,00 to 90,00 after being given the intervention. Meanwhile, energy intake increased from 1034,00 Kcal to 1230,00 Kcal after being given the intervention. Protein intake increased from 41,00 grams to 49,00 grams after being given the intervention. Fat intake increased from 40,00 grams to 57,00 grams after being given the intervention. Carbohydrate intake increased from 149,00 grams to 231,00 grams after being given the intervention. There is an effect of providing video on the knowledge and food intake of adolescent girl with Chronic Energy Deficiency, with p-value = 0.000 <0.05.

Key words: *Education, videos, knowledge, food intake, Chronic Energy Deficiency*