

Making of Digital Comics as an Educational Media to Improve Snacking Habits in SMP Negeri 14 Jember

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ABSTRACT

Adolescents are residents aged between 10-18 years. Adolescence is a period of transition from childhood to adulthood. Malnutrition is divided into 2 namely undernutrition and over nutrition. This problem can occur in any age group. There are several factors that cause nutritional problems in adolescents, namely erroneous understanding of nutrition, poor eating habits, and excessive eating habits. The results of the initial data collection using univariate showed that the snack habits of students at SMP Negeri 14 Jember, namely 58.1%, were not good. The purpose of this study was to create digital comic media as a medium for nutrition education for students of SMP Negeri 14 Jember. This research use Research and Development (RnD) with the ADDIE method (Analysis, Design, Development, Implementation and Evaluation). Subjects were taken as many as 8 respondents with Simple Random Sampling subject taking technique. The instruments used in this study is questionnaires. The results of this study were the material validation score was 88% with very good criteria and with description did not need to be revised, the media validation score was 92% with very good criteria and with description did not need to be revised, and the acceptability test score was 96% with a description decent for use.

Keywords: *Adolescents, Digital Comic Media, Snack Food*