

The Relationship between Balanced Nutrition Information Media with Balanced Nutrition Knowledge of 11th-Grade Fashion Design Students at SMK Negeri 3 Jember

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ABSTRACT

Adolescents are long-term human resources and the nation's future generation. This study aims to understand how the relationship between balanced nutrition information media with balanced nutrition knowledge of 11th-grade fashion design students at SMK Negeri 3 Jember. This research obtained 35 students as the object using a total population sampling method. The research design applied was a descriptive-analytic survey with a cross-sectional study. The result of the research showed that 18 students (51.4%) had sufficient nutritional knowledge levels, 12 students (14.3%) had good nutritional knowledge levels, and 5 students (34.3%) had poor nutritional knowledge levels. The sources of nutritional information media used are newspapers, magazines, books, leaflets, brochures, posters, radio, television, and the internet. 21 students (60%) had medium access to nutritional information media sources (5-8 types of media), while there were each 7 students (20%) that had high access to nutritional information media sources (9 types of media), and low access to nutritional information media sources (1-4 types of media). The research using the Rank Spearman correlation test found a significant result (p-value) of 0.000 with a correlation coefficient or r-value of 0.597. Based on the research result, the researcher concluded that there was a significant relationship between balanced nutrition information media with balanced nutrition knowledge of 11th-grade fashion design students at SMK Negeri 3 Jember.

Keywords: adolescents, balanced nutrition knowledge, balanced nutrition information media