

The Making of Pocket Book as Nutrition Education Media For Overweight

Santriwati in PP (Islamic Boarding School) Raudlatul Ulum Jember

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ABSTRACT

Overweight is one of the outstanding nutritional status problems in Indonesia, one of which is found in adolescents. Common causes of overweight in adolescents are physical activity that is not balanced with excessive nutritional intake. This can be handled by providing nutrition education to overweight female students. The purpose of this study was to make a pocket book as a nutritional education media for overweight students at the Raudlatul Ulum Islamic Boarding School in Jember. This research is a type of Research and Development research that uses the ADDIE model (Analysis, Design, Development, Implementation and Evaluation). This research uses a questionnaire instrument. Questionnaire is used to determine the level of eligibility of a pocket book. The process of making a pocket book is carried out in Juli 2019 to August 2019. This research development uses two data analysis technique, namely descriptive quantitative analysis technique and qualitative descriptive data analysis technique. Quantitative data were assessment score data from validators and overweight santriwati. Qualitative data in the form of suggestions and comments from the validator which will be used as material for improvement of products developed. The conclusion that was obtained that the validation from material experts was 92.8% does not need to be revised category category, and from the media experts by 91.25% does not need to be revised category category. Acceptability test for overweight female students obtained results of 100% with a very decent category. The pocket book on nutrition education for overweight female students can be said to be very feasible and can be applied to overweight female students because it is easily understood and remembered by the subject.

Keywords: *Overweight, Overweight Santriwati, Pocketbook*

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