

**ACCEPTABILITY TEST OF MEDIA BOOKLETS ABOUT HEALTHY  
SNACKS AT SANTRIWATI PONDOK PESANTREN DARUSSALAM  
JEMBER**

**Early Nur Amaliya**

Clinical Nutrition Study Program

Department of Health

**ABSTRACT**

*The emergence of nutritional problems that occur among Indonesian adolescents can be caused by wrong consumption patterns, namely an imbalance between the amount of food that enters with the amount of nutritional needs needed by the body. As for one of the other causes of nutritional problems, namely the lack of application of good nutritional knowledge in life such as, leaving breakfast which will have an impact on nutritional intake, causing many teenagers, especially students, to often consume excess snack food. Efforts that can be made to overcome nutritional problems are by conducting a healthy snack introduction program through an educational approach using booklet media. Education can be done using media, but existing health promotion media have not been tested for feasibility or acceptability tests on subjects. The purpose of this study was to test the acceptability of booklet media on subjects. This type of research uses Research and Development (R&D) research and development design with the development model of Analyze, Design, Development, Implementation and Evaluation or ADDIE. This study used the subject of students of Pondok Pesantren Darussalam Jember. Data analysis conducted in this study is by descriptive analysis. The results of the analysis of media needs needed are booklet media. The results of the acceptance test of healthy snack booklets on female students get a percentage score of 88%. Based on the results of the student acceptance test, it was concluded that the booklet media about healthy snacks was declared acceptable for use at the Darussalam Jember Islamic Boarding School.*

**Keywords:** *Booklet, Acceptability, Healthy Snacks, Adolescent*