

***The effectiveness of counseling with lecture and discussion methods  
Level Of Knowledge About Intake And Diet On  
Teenagers SMPN 2 Jatiroto Lumajang  
Regency***

***Malinda***  
*Clinical Nutrition Program Study  
Department of Health*

**ABSTRACT**

*Food intake is very important for human survival, the food consumed will eventually be converted into energy for later use by the body and diet is the type and amount of food eaten by a person for a particular purpose at a given time. Adolescent intake and diet needs serious treatment because it affects the intelligence of the brain and the optimal level of health.*

*Research purposes; is to know the effectiveness of counseling with lecture methods and discussion of knowledge about the intake and diet of adolescent SMP Negeri 2 Jatiroto Lumajang Regency.*

*Research Methods: This study employed qualitative analytical research with an experimental quasi approach. The research design used in this research is two group pretest posttest design. This research was conducted in September 2017 at SMPN 2 Jatiroto Lumajang Regency. Data collection using questionnaires conducted by researchers to respondents. The study involved 60 respondents.*

*Result of research: It shows that there is difference of knowledge of student before and after counseling test of wilcoxon signed extension test with lecture method show knowledge obtained by value ( $p = 0,000$ ) and method of discussion obtained by value ( $p = 0,000$ ). Mann Whitney test results show knowledge obtained by value ( $p = 0,417$ ) it shows that there is no difference of effectiveness between lecture method and discussion to level of student knowledge.*

*Conclusions: There is no difference in the effectiveness of counseling using lecture methods and discussion on the level of knowledge about the intake and diet of adolescents SMPN 2 Jatiroto Lumajang Regency.*

***Keywords: Intake, Diet, Knowledge, Balanced nutrition, Lecture Method, Discussion Method***