

## ***Modification of Flipchart Balanced Nutrition in Female Workers Factory X***

**Tri Mukti Septiyani**  
Program Studi Gizi Klinik  
Jurusan Kesehatan

### **ABSTRACT**

*Women in Indonesia experience an imbalance between consumption of food and activities released every day and do not adopt a healthy lifestyle in accordance with balanced nutrition. This can be handled by the existence of health promotion and can be supported by using media in the form of flipcharts. The purpose of this study is to produce balanced nutrition flipchart media for female X factory workers who are good and worthy of use. The type of research used is research and development or Research and Development (R & D) using the ADDIE model (Analyze, Design, Development, Implementation, Evaluation). The instruments used were questionnaire material validation, media validation and subject validation to determine the level of validity and acceptability of flipchart media. This research takes place in November 2018 - January 2019. Data analysis techniques used are quantitative data analysis (assessment scores based on Likert scale) and qualitative data (comments and suggestions). The conclusion that was obtained that the validation from material experts was 100% in the very feasible category, and from the media experts by 100% in the very feasible category and the acceptability test for women workers was 87.2% in the very feasible category. Balanced nutrition flipchart can be said to be very feasible and can be applied to female factory workers because it is easily understood through interesting content and images so that the information obtained is easily absorbed by the subject.*

**Keywords:** *Balanced Nutrition, Factory Female Workers, Flipchart Media.*