

**Efek Edukasi Gizi Terhadap Pengetahuan Dan Perilaku Ibu Rumah Tangga Dalam Penggunaan Garam Beryodium Di Desa Gugut Kecamatan Rambipuji Kabupaten Jember (Effects of Nutrition Education for Knowledge and Behavior Against Housewife In The Use of Iodized Salt at village Gugut Rambipuji Subdistrict Jember)**

**Nurul Mernawati**

*Program Study Clinical Nutrition  
Health Departmen*

## **ABSTRACT**

*In Indonesia is estimated around 42 million people in Indonesia living in areas where the environment is less iodine. In East Java using iodized salt by lack of iodine obtained 13.7%, and 10.7% didn't iodized. The survey results of iodized salt consumption in Jember in 2007 is 23.57%, and the highest area prone to undernourishment namely Sub Rambipuji approximately 41.15%. Factors affecting the undernourishment is a lack of nutrition education in the use of iodized salt. Knowledge of the use of iodized salt is to be known by the public, especially housewives. This study uses a study design quasy-experimental with two group pre-test and post-test design, and respondents as many as 38 people. The results of the analysis obtained prior knowledge between the treatment group A and the treatment group B ( $p = 0.063$ ) and the final knowledge ( $p = 0.049$ ). Analysis of knowledge gaps early (pre-test) and knowledge of the final (post-test) in the treatment group B obtained ( $p = 0.059$ ) and the treatment group A demonstrated ( $p = 0.000$ ). The results obtained on the behavior of early behavior between the treatment group and the treatment group B ( $p = 0.074$ ), whereas the behavior of the end of the show ( $p = 0.001$ ). The difference in each group showed that there is a difference between the behavior of the beginning and end of the behavior in the treatment group B ( $p = 0.480$ ) and the treatment group A obtained ( $p = 0.002$ ). The results of this study suggest the need for information regarding the use of iodized salt because it's useful to increase knowledge and change the behavior of respondents.*

*Keywords: Education. Knowledge, Behavior*