

## **Making Obesity Early Detection Discs as Educational Media to Prevent of Obesity Risk in Adolescents**

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### **Abstract**

Obesity is a multifactorial disease caused by excess fat tissue accumulation. Obesity can occur due to wrong nutritional behavior that is with an imbalance in taking consumed with the needs needed. The purpose of this study is to develop educational media for early detection of obesity to adolescents. The type of research used for this research is Research and Development. The subjects used in the study were 8 people, as well as a large group trial of as many as one class of 26 people. The technique of the research is random sampling technique with data calculation using the Likert Scale formula and processed with Microsoft Excel 2010. the results of the research obtained that the material validation test got a percentage of 93% which means very good, the media validation test got a percentage of 88% which means very good, it showed that early obesity detection disc media is worthy of small group and large group trials. As well as small group and large group subject trials have a percentage of 95% and 86% respectively, which means very good, it shows that the media for early detection of obesity discs can be accepted as a medium of education very well and widely. Measurement of the level of knowledge before and after education is given through the media of early detection of obesity discs has increased, in small groups and large groups obtained a percentage increase of 10% and 15%.

**KEY WORDS:** Obesity, early detection discs of obesity, adolescents