

Pengaruh Pemberian Media Video Animasi Terhadap Tingkat Pengetahuan dan Sikap Pada Remaja Status Gizi Lebih di SMAN 1 Pasirian Lumajang (*The Effect of Providing Animated Video Media on the Level of Knowledge and Attitude in Adolescents with Overweight Status at SMAN 1 Pasirian Lumajang*)

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ABSTRACT

Overweight or obesity is a nutritional problem characterized by excessive body weight due to accumulation of fat in the body. Adolescents with overweight status were determined by Z-Score values $> 1 SD$ to $> 2 SD$. The purpose of this study was to determine the effect of providing animated video media on the level of knowledge and attitudes of adolescents with overweight status at SMAN 1 Pasirian. The research design was a quasi-experimental design with one group pretest posttest design. The study population was students with overweight status in high school class X and XI with a total of 73 students as subjects. Data collection was done by using a questionnaire. Statistical analysis using SPSS 16.0 for Windows with nonparametric Wilcoxon Signed Test. The results of the study using animated video media the average knowledge before the intervention (74.11), after the intervention (91.64) ($p=0.000$). Meanwhile, the mean attitude before the intervention (63.48), after the intervention (68.96) ($p=0.000$). The conclusion is that there is an effect of giving animated videos on the level of knowledge and attitudes in adolescents with overweight status.

Key words: *Overweight, Knowledge Level, Attitude, Animated Video*