

Animation Based Video Creation as Media Education Efforts to Fulfill Calcium and Phosphorus Intake for Teenager

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ABSTRACT

Adolescence is a condition of transition from childhood to adulthood. The growth of height (peak high velocity) and weight (peak weight velocity) during the adolescent transition from childhood to adulthood occurs at the age of 12 years to 21 years. In addition, during adolescence there is a growth in bone mass (peak bone mass / PBM) which causes nutritional needs at this time to be very high and even higher than other phases of life. Therefore, growth requires adequate and good nutrients, namely calcium and phosphorus in sufficient quantities. Phosphorus and calcium are important elements for bone formation, especially in the process of bone mineralization. Bone density, bone size and height can be used as indicators of the quality of growth and bone formation. Therefore, it is necessary to fulfill adequate calcium and phosphorus nutrients for bone density. Fulfillment of nutrition as an effort to prevent osteoporosis or osteopenia. This research method used the type of research development that was Research and Development (R&D) with the design used the ADDIE model (Analyze, Design, Develop, Implement, Evaluate) the number of samples in this study were 36 students from grades 7A, 7B, 7C, 7D, 7E, 7F, 7G, 7H, 7I and 7J at SMP Jember 7 taken by FGD (*Focus Discussion Grup*). The results of research on the development of comic media about the importance of consuming fruits and vegetables from the feasibility test by material expert obtained 90% and media expert obtained 86,6%, these results were very good category and very feasible to use. Statistically tested the product results obtained a Significant value of 0,009 <0.05, it could be concluded that there were significant differences in increasing student knowledge from the results of *pre-test* and *post-test*.

Keywords: *Animated Video, Calcium and Phosphorus, Media, Teenagers.*