

**The Effect Of Balanced Nutrition Disc Media On The Knowledge and Attitude level Of
Adolescent female At Smp Negeri 2 Banyuglugur**

(Pengaruh Media Cakram Gizi Seimbang Terhadap Tingkat Pengetahuan dan Sikap Remaja

Putri Di Smp Negeri 2 Banyuglugur)

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ABSTRACT

Eating habits acquired during adolescence will have an impact on health in the next phase of life. Knowledge and good attitude are factors that can prevent the occurrence of nutritional problems in adolescents. The purpose of this study was to determine the level of knowledge and attitudes before and after the intervention using balanced nutrition disc media with the material on the importance of balanced nutrition for adolescent girls at SMP Negeri 2 Banyuglugur. Methods The research uses qualitative analytical research with a quasi-experimental approach. The research design used in this study was a one group pretest posttest design. Data was collected by distributing questionnaires and the number of subjects in this study was 20 respondents. Statistical analysis using SPSS with non-parametric statistical test, namely the Wilcoxon Signed Test. The results of the study using balanced nutrition disc media the average knowledge before intervention (46.00) after intervention (82.50) ($p = 0.000$). Meanwhile, the mean attitude before intervention (46.25) after intervention (51.85) ($p=0.000$). The conclusion is that there is an effect of balanced nutrition disc media intervention on the level of knowledge and attitudes in adolescent girls.

Key words: *Youth, Knowledge, Attitude, balanced nutrition disc.*