

Development of Mini Koala Bulletin Educational Media (Smoking Habits, Caffeine Consumption, and Sleep Patterns) to Prevent Double Nutritional Status in PPMI DK Jember Students.

**Violeta Berlinda F**

Program Studi Gizi Klinik

Jurusan Kesehatan

**ABSTRACT**

The burden of Double Nutrition Problems in Indonesia occurs throughout the cycle of life. A person's nutritional status is influenced by a person's lifestyle and daily behavior. Lifestyle patterns and unhealthy behavior can cause nutritional problems. Therefore, there is a need for nutritional intervention through nutrition education. Nutrition education becomes more effective by using media that is attractive and easy to accept. The purpose of this study was to produce a mini koala bulletin educational media (cigarette consumption, caffeine and sleep patterns) to prevent double nutritional status in students who are members of PPMI DK Jember. This type of research uses Research and Development research by applying the stages of the ADDIE model (analysis, design, development, implementation and evaluation). The instruments in this study were questionnaires and observations to collect information in determining the problem, while the assessment questionnaire was to test the feasibility of mini bulletin media. This research uses descriptive qualitative and quantitative descriptive techniques. Qualitative data in the form of criticisms and suggestions of validators that are used as material for improving the products developed. While the quantitative data is the result of the validator's assessment. The validation process was carried out together with material and media experts, which was carried out 2 times in the validation process. The results of the assessment of the mini bulletin educational media received 92.9% (very good) from material experts and 94% (very good) from media expert assessments. In addition to the validation process, an acceptance test was conducted on 30 students with an average rating of 94% (very good). The conclusion obtained is that the mini koala bulletin education media (smoking habits, caffeine consumption and sleep patterns) to prevent the occurrence of dual nutritional status in PPMI DK Jember students produced in this study is feasible and can be applied as a medium for nutrition education.

Keywords: Balanced Nutrition, Mini Bulletin Media, Healthy Lifestyle, Teenagers, Multiple Nutritional Status.