

ABSTRAK

Nailah Maharani Zuhrah

PENGARUH EDUKASI GIZI BERBASIS MEDIA *E-POCKETBOOK* TERHADAP TINGKAT PENGETAHUAN DAN ASUPAN GIZI PADA REMAJA DI SMP NEGERI 1 MOJOANYAR KABUPATEN MOJOKERTO

1x + 129 Halaman + 31 Tabel + 12 Lampiran

Pendahuluan: Rendahnya pengetahuan gizi pada remaja dapat menyebabkan ketidaksesuaian asupan gizi sehingga meningkatkan risiko masalah gizi, maka guna menunjang intervensi edukasi yang efektif dan menarik bagi remaja. Strategi peningkatan literasi dan pemenuhan gizi dapat dioptimalkan melalui intervensi media digital yang interaktif serta fleksibel, salah satunya memanfaatkan media *E-Pocketbook* terhadap tingkat pengetahuan serta asupan gizi pada remaja di SMP Negeri 1 Mojoanyar Kabupaten Mojokerto. **Metode:** Pendekatan kuantitatif diterapkan dalam studi ini melalui rancangan desain *pre-experimental* dengan skema *One Group Pre-test Post-test*. Teknik sampling menggunakan *proportional random sampling*, yang menghasilkan 87 responden dari total populasi sebesar 656 siswa. Pengumpulan data dilaksanakan melalui wawancara langsung dengan instrumen kuesioner dan formulir *food recall* 2x24 jam. Selanjutnya, pengujian hipotesis dianalisis secara statistik memanfaatkan *Wilcoxon Signed-Rank Test*. **Hasil:** *Wilcoxon Signed Rank Test* mengindikasikan adanya peningkatan yang signifikan pada tingkat pengetahuan gizi setelah intervensi $p < 0.05$ ($p\text{-value} = 0.00$). Selain itu, asupan gizi mencakup energi, protein, lemak, dan karbohidrat juga mengalami peningkatan setelah intervensi dengan nilai $p < 0.05$ ($p\text{-value} = 0.00$). **Kesimpulan:** Edukasi gizi berbasis media *E-Pocketbook* terbukti adanya pengaruh dalam meningkatkan tingkat pengetahuan dan asupan gizi pada remaja di wilayah SMP Negeri 1 Mojoanyar. Media *E-Pocketbook* dapat direkomendasikan sebagai sarana edukatif yang inovatif dan praktis untuk mendukung pembelajaran gizi.

Kata kunci: *edukasi gizi, E-Pocketbook, pengetahuan gizi, asupan gizi, remaja*

Daftar bacaan: 5 buku dan 20 jurnal (2008 - 2026)

ABSTRACT

Nailah Maharani Zuhrah

THE IMPACT OF *E-POCKETBOOK*-BASED NUTRITION EDUCATION ON NUTRITIONAL KNOWLEDGE AND DIETARY INTAKE AMONG ADOLESCENTS AT SMP NEGERI 1 MOJOANYAR, MOJOKERTO REGENCY
1x + 129 Pages + 31 Tables + 12 Appendices

Background: Low nutritional knowledge among adolescents can lead to inadequate dietary intake, thereby increasing the risk of nutritional problems. To support an effective and engaging educational intervention for adolescents, strategies to improve nutrition-related competence and dietary fulfillment can be optimized through interactive and flexible digital media, such as an E-Pocketbook. This research sought to examine how E-Pocketbook-based nutritional education on knowledge levels and dietary intake among adolescents at SMP Negeri 1 Mojoanyar, Mojokerto Regency. **Methods:** This research adopted a quantitative with a pre-experimental design, specifically utilizing a one-group pre-test post-test scheme. Respondents were selected through proportional random sampling, resulting in a sample of 87 individuals drawn from a population of 656 students. Data were gathered via direct interviews using questionnaires and 2×24-hour food recall forms, served as the primary means of data collection, while the Wilcoxon Signed-Rank Test to statistically test the hypothesis. **Results:** A marked increase in nutritional cognizance after the intervention was demonstrated by the Wilcoxon Signed-Rank Test $p < 0.05$ ($p\text{-value} = 0.00$). In addition, dietary intake, including energy, protein, fat, and carbohydrate intake, also increased significantly following the intervention $p < 0.05$ ($p\text{-value} = 0.00$). **Conclusion:** Confirms that E-Pocketbook-based nutritional education has a significant effect on improving nutritional knowledge and dietary intake among adolescents at SMP Negeri 1 Mojoanyar. The E-Pocketbook media can be recommended as an innovative and practical educational tool to support nutritional learning.

Keywords: *nutrition education, E-Pocketbook, nutritional knowledge, dietary intake, adolescents*

References: 5 books and 20 journal articles (2008 – 2026)