

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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**PENGARUH EDUKASI AUDIOVISUAL REMEGIZ
(REMAJA MELEK GIZI) TERHADAP TINGKAT
PENGETAHUAN GIZI PADA REMAJA PUTRI DI SMAN 7
KOTA PEKANBARU
xiii ± 49 Halaman + 5 Tabel + 2 Bagan + 6 Lampiran**

ABSTRAK

Pengetahuan gizi merupakan salah satu faktor penting yang mempengaruhi pemilihan makanan dan penerapan perilaku hidup sehat pada remaja putri. Kurangnya pengetahuan mengenai kebutuhan gizi, pemilihan makanan bergizi, serta pencegahan masalah akibat kekurangan gizi dapat meningkatkan risiko terjadinya masalah gizi. Edukasi audiovisual REMEGIZ (Remaja Melek Gizi) digunakan sebagai media untuk meningkatkan pengetahuan gizi remaja putri. Penelitian ini menggunakan metode kuantitatif dengan desain quasi experiment dan pendekatan one group pretest-posttest. Penelitian dilaksanakan di SMAN 7 Kota Pekanbaru dengan jumlah 66 responden remaja putri. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan gizi sebelum dan sesudah diberikan edukasi audiovisual REMEGIZ. Analisis data menggunakan uji Wilcoxon Signed-Rank Test dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa rata-rata skor pengetahuan gizi sebelum diberikan edukasi adalah 56,47 dengan standar deviasi 9,499, nilai minimum 38 dan maksimum 81. Setelah diberikan edukasi, rata-rata skor meningkat menjadi 85,12 dengan standar deviasi 6,326, nilai minimum 77 dan maksimum 100. Sebelum intervensi, sebagian besar responden berada pada kategori kurang sebanyak 35 orang (53,0%), sedangkan setelah intervensi seluruh responden berada pada kategori baik sebanyak 66 orang (100%). Hasil uji Wilcoxon menunjukkan nilai $Z = -7,173$ dan $p\text{-value} = 0,000$ ($p < 0,05$). Terdapat peningkatan rata-rata skor pengetahuan sebesar 28,65 poin setelah diberikan edukasi audiovisual REMEGIZ. Hasil tersebut menunjukkan bahwa edukasi audiovisual REMEGIZ berpengaruh terhadap peningkatan pengetahuan gizi remaja putri di SMAN 7 Kota Pekanbaru

Kata kunci : audiovisual REMEGIZ, gizi remaja, kesehatan reproduksi,
pengetahuan, remaja putri.

Daftar Bacaan : 61 (2018-2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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NADA SYIFA LUQYANA HAKIM**

**THE EFFECT OF AUDIOVISUAL EDUCATION REMEGIZ
(ADOLESCENT NUTRITION LITERACY) ON THE LEVEL
OF NUTRITION KNOWLEDGE IN ADOLESCENT GIRLS IN
SMAN 7 PEKANBARU
xiii ± 49 pages + 5 tables +6 appendices**

ABSTRACT

Nutritional knowledge is an important factor influencing food choices and the adoption of healthy lifestyle behaviors among adolescent girls. Lack of knowledge regarding nutritional requirements, healthy food choices, and the prevention of problems caused by nutritional deficiencies may increase the risk of nutritional problems. REMEGIZ (Nutrition-Literate Adolescents) audiovisual education was used as a medium to improve the nutritional knowledge of adolescent girls. This study employed a quantitative method with a quasi-experimental design using a one-group pretest-posttest approach. The study was conducted at SMAN 7 Pekanbaru City, involving 66 adolescent girls as respondents. Data were collected using a nutritional knowledge questionnaire administered before and after the REMEGIZ audiovisual education intervention. Data were analyzed using the Wilcoxon Signed-Rank Test with a significance level of $\alpha = 0.05$. The results showed that the mean nutritional knowledge score before the intervention was 56.47 with a standard deviation of 9.499, with a minimum score of 38 and a maximum score of 81. After the intervention, the mean score increased to 85.12 with a standard deviation of 6.326, with a minimum score of 77 and a maximum score of 100. Before the intervention, the majority of respondents were in the poor knowledge category, comprising 35 respondents (53.0%), whereas after the intervention, all respondents were in the good knowledge category, comprising 66 respondents (100%). The Wilcoxon Signed-Rank Test showed a Z value of -7.173 and a p-value of 0.000 ($p < 0.05$). There was an increase of 28.65 points in the mean nutritional knowledge score following the REMEGIZ audiovisual education intervention. These findings indicate that REMEGIZ audiovisual education had an effect on improving the nutritional knowledge of adolescent girls at SMAN 7 Pekanbaru City.

Keywords : audiovisual REMEGIZ, adolescent nutrition, reproductive health, knowledge, young women.

Reading List : 61 (2018-2025)