

**PENGARUH EDUKASI GIZI MELALUI MEDIA *FLASHCARD*
TERHADAP PENGETAHUAN KONSUMSI PANGAN SUMBER ZAT
BESI PADA REMAJA PUTRI DI SMPN 33 KOTA BEKASI**

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ABSTRAK

Pendahuluan: Pada remaja putri masalah gizi yang masih dialami yaitu anemia gizi yang disebabkan oleh kurangnya konsumsi pangan sumber zat besi. Remaja putri yang mengkonsumsi pangan sumber zat besi masih tergolong rendah pada kelompok pangan hewani (daging, ayam, hati, ikan, telur) 39% dan dari kelompok lauk nabati (tahu dan tempe) 31,2%. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi gizi melalui media *flashcard* terhadap pengetahuan konsumsi pangan sumber zat besi pada remaja putri di SMPN 33 Kota Bekasi.

Metode: Desain penelitian ini berupa *quasi eksperimen* dalam bentuk rancangan *One group pretest-posttest design*. Subjek penelitian terdiri dari 34 siswi sebagai kelompok intervensi. Media yang digunakan adalah media *flashcard*.

Hasil: Hasil analisis statistik dengan uji *Wilcoxon Rank Test* menunjukkan pemberian edukasi gizi dengan media *flashcard* terhadap pengetahuan konsumsi pangan sumber zat besi pada remaja putri yaitu $p\text{-value} = 0,00005 (<0,05)$.

Kesimpulan: Artinya terdapat pengaruh sebelum dan sesudah pemberian edukasi gizi dengan media *flashcard* terhadap pengetahuan konsumsi pangan sumber zat besi pada remaja putri di SMPN 33 Kota Bekasi.

Kata Kunci : *Edukasi Gizi, Flashcard, Konsumsi Pangan Sumber Zat Besi, Remaja Putri, Sekolah Menengah Pertama*

THE EFFECT OF NUTRITION EDUCATION THROUGH FLASHCARD MEDIA ON KNOWLEDGE OF IRON SOURCES FOOD CONSUMPTION IN ADOLESCENT WOMEN AT SMPN 33 BEKASI CITY

ABSTRACT

Introduction: The nutritional problems that are still experienced in young women are nutritional anemia caused by a lack of consumption of food sources of iron. Adolescent girls who consumed food sources of iron were still relatively low in the animal food group (meat, chicken, liver, fish, eggs) 39% and from the vegetable side dishes (tofu and tempeh) 31.2%. This study aims to analyze the effect of nutrition education through flashcard media on knowledge of consumption of food sources of iron in young women at SMPN 33 Bekasi City.

Methods: The research design is a quasi-experimental design in the form of a One group pre test-post test design. The research subjects consisted of 34 female students as the intervention group. The media used is flashcard media.

Results: The results of statistical analysis using the Wilcoxon Rank Test showed that providing nutrition education using flashcard media on knowledge of consumption of food sources of iron in female adolescents was $p\text{-value} = 0.00005 (<0.05)$.

Conclusion: This means that there is an influence before and after providing nutrition education using flashcard media on knowledge of consumption of food sources of iron in young women at SMPN 33 Bekasi City.

Keywords: Nutrition Education, Flashcard, Consumption of Food Sources of Iron, Young Women, Junior High School