

PROGRAM STUDI GIZI
FAKULTAS ILMU KESEHATAN
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ABSTRAK

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“PENGARUH INTERVENSI VIDEO EDUKASI GIZI TERHADAP POLA KONSUMSI ZAT BESI PADA REMAJA PUTRI”

Anemia pada remaja putri masih menjadi masalah gizi yang penting di Indonesia. Salah satu penyebab utama anemia adalah rendahnya asupan zat besi akibat pola konsumsi yang kurang baik. Edukasi gizi melalui media video merupakan metode yang dinilai efektif karena melibatkan unsur audio dan visual sehingga informasi lebih mudah dipahami. Penelitian ini bertujuan untuk menganalisis pengaruh intervensi video edukasi gizi terhadap pola konsumsi zat besi pada remaja putri di SMPN 1 Rajapolah Kabupaten Tasikmalaya. Penelitian ini menggunakan desain pre-experimental dengan pendekatan *Without Control Group Design*. Sampel penelitian berjumlah 73 siswi kelas VIII yang dipilih menggunakan teknik *proportional random sampling*. Data pola konsumsi zat besi diperoleh melalui *Food Frequency Questionnaire* (FFQ) dan *food recall* 2x24 jam. Analisis data menggunakan uji *Paired sample t test* dan *Wilcoxon*. Hasil penelitian menunjukkan terdapat pengaruh signifikan pada jenis konsumsi zat besi, frekuensi konsumsi zat besi, jumlah konsumsi zat besi, dan pola konsumsi zat besi sebelum dan sesudah intervensi edukasi gizi dengan media video ($p < 0,05$). Rata-rata konsumsi zat besi responden mengalami peningkatan setelah diberikan intervensi. Edukasi gizi menggunakan media video terbukti berpengaruh terhadap perubahan pola konsumsi zat besi pada remaja putri.

Kata Kunci: edukasi gizi, video edukasi, zat besi, pola konsumsi, remaja putri

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ABSTRACT

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***THE EFFECT OF NUTRITION EDUCATION VIDEO INTERVENTION ON
IRON CONSUMPTION PATTERNS IN ADOLESCENT GIRLS***

Iron deficiency anemia among adolescent girls remains a significant nutritional problem in Indonesia. One of the main causes of anemia is inadequate iron intake due to poor dietary consumption patterns. Nutrition education through video media is considered an effective method because it combines audio and visual elements, making information easier to understand. This study aimed to analyze the effect of video-based nutrition education on the iron consumption patterns of adolescent girls at SMPN 1 Rajapolah, Tasikmalaya Regency. This study employed a pre-experimental design using a without control group approach. The sample consisted of 73 eighth-grade female students selected through proportional random sampling. Data on iron consumption patterns were collected using a Food Frequency Questionnaire (FFQ) and two 24-hour food recalls. Data were analyzed using the Paired Sample t-test and the Wilcoxon test. The results showed significant differences in the type of iron-rich foods consumed, the frequency of iron intake, the amount of iron intake, and the overall iron consumption pattern before and after the video-based nutrition education intervention ($p < 0.05$). The respondents' average iron intake increased following the intervention. Therefore, video-based nutrition education was proven to have a significant effect on improving the iron consumption patterns of adolescent girls.

Key note: nutrition education, educational video, iron intake, consumption pattern, adolescent girls