

## ABSTRAK

**Lutfia Amanda Saputri, 2024.** The Influence of Balanced Nutrition Education Using Booklet Media on the Attitudes and Attitudes of Class VII MTs Students. ALMAARIF 02 Singosari Malang Regency. THESIS. Undergraduate Study Program in Applied Nutrition and Dietetics, Department of Nutrition, Health Polytechnic, Ministry of Health, Malang. (under the guidance of Ibnu Fajar, SKM.M.Kes. and I Dewa Nyoman Supariasa, MPS.)

Adolescent nutrition and health are important in determining the quality of human resources. Nutritional problems are caused by two factors, one of which is a direct factor, namely unbalanced eating and infectious diseases. A person with an unbalanced nutritional intake will result in decreased immunity, making them easily sick. (Thamaria, 2017). Results of a preliminary study to determine understanding of balanced nutrition in class VII MTs students. Almaarif 02 Singosari shows that the level of knowledge and attitudes of students is lacking. Education refers to any activity that plans to influence anyone. This research was conducted with the aim of determining the effect of balanced nutrition education using booklet media on the knowledge and attitudes of class VII students at MTs Almaarif 02 Singosari, Malang Regency. This type of research is quantitative research using a pre-experimental design using a one group pretest-posttest design. The total sample was 26 students. The results of statistical analysis using the Paired Sample T-Test obtained a value of  $p=0.000$  (sig.0.000) which shows that there is a significant influence on knowledge and attitude scores before and after being given balanced nutrition education using booklet media.

**Keywords:** Balanced Nutrition Education, Teenagers