

## ABSTRACT

**Nadhira Hasna Khairunnisa. 2024.** The Effect of Balanced Nutrition Education on the Level of Knowledge and Attitude of Food Selection of Students at ASIFA (Aji Santoso International Football Academy) Football School Malang City.  
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**Background:** The implementation of special meals serves training centers or special institutions, for example sports training centers. ASIFA is a sports training center with an average age of 13 - 18 years that provides dormitories and organizes food with 1 day feeding 3 times. Food presentation is done in a buffet so that students can choose and take according to taste. Preliminary studies conducted at ASIFA obtained from the results of interviews with 30 students, it was found that students still consumed food according to their habits and preferences so that food intake did not meet balanced nutrition. This study aims to explain the effect of balanced nutrition education on the level of knowledge and attitude towards choosing the type of food of students.

**Methods:** The type of research is quantitative research using pre-experiment research design with one group pre-test and post-test design. The population in this study were students who were in the ASIFA Ball School dormitory, Malang City with an average age of 13-18 years as many as 50 people. Samples were taken using non-probability sampling techniques, namely purposive sampling as many as 30 students.

**Results:** The results of the paired sample t-test statistical test at the 95% confidence level, obtained Sig. (2-tailed) is 0.000 ( $<0.05$ ), so there is a difference between before and after being given balanced nutrition education with booklet media on the level of student knowledge. For the Wilcoxon test results, a Z value of -3.677 was obtained and a Sig value. (2-tailed) 0.000 ( $<0.05$ ), then there is an influence on the attitude of choosing the type of food after being given balanced nutrition education.

**Conclusion:** There is an effect of balanced nutrition education on the level of knowledge and attitude of choosing the type of food of students.

**Keywords:** Education, booklet, knowledge level, attitude, adolescents, balanced nutrition.