

ABSTRACT

Nike Wahyu Ningrum, 2023. The Effect of Nutrition Education using Instagram on The Knowledge and Attitude of Teenage Girls for Preventing Chronic Energy Deficiency in SMPN 3 Tirtoyudo Satu Atap. Supervisor: I Nengah Tanu Komalyana, DCN., SE., M.Kes., RD dan Ibnu Fajar, SKM., M.Kes., RD

Chronic Energy Deficiency (CED) is a state of malnutrition that occurs in vulnerable groups such as young women and pregnant women caused by a chronic lack of nutritional intake such as a lack of energy and protein so that the nutrients needed by the body are not fulfilled. Based on Riskesdas, 2018, the highest prevalence of CED occurs in the 15-19 year age group for pregnant women of 33.5% and 36.3% for non-pregnant women. The prevalence of women aged 10-19 years in East Java who have ever been pregnant is 52.33%. Adolescent health problems can also occur due to lack of access to health services. Six actions (RAN-PG, 2021), one of which is nutrition education with counseling.

The aim of the study was to study the effect of nutrition counseling using Instagram on the knowledge and attitudes of young women in preventing chronic energy deficiency (KEK) at SMPN 3 Tirtoyudo One Roof.

The type of research used was the pre-exsperimental with the One Group Pre-test Post-test design which was carried out June 8-14 2023 at SMPN 3 Tirtoyudo One Roof with a total sample of 29 young girls. Counseling is given via Instagram by uploading pictures and conducting live Instagram with lecture and question and answer methods. The statistical test used was the Paired Sample T-test.

The results of the Paired Sample T-test showed a p-value of knowledge and attitudes of 0.000 ($p < 0.05$), which means that there was an influence of nutrition counseling with Instagram on the knowledge and attitudes of young women in preventing chronic energy deficiency.

Keywords: Education, Knowledge, Attitudes, and Chronic energy deficiency of Teenage Girls