

ABSTRACT

Eka Nafisatuzzahroh Maulidiyah, 2023. *The Effect of Nutrition Education Using E-Booklet Media About Obesity on Nutritional Knowledge and Attitudes, and Adolescent Eating Behavior*

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Background: Obesity is a condition where there is excessive accumulation of body fat tissue. Obesity in teenager happens due to eating behavior changed, so that many teenager with mild but chronic malnutrition are found. As the result, teenagers have poor growth. The importance of continuing health education for students, especially about obesity. This attemp can done by providing nutritional education to teenagers. In this case, media has an important role to helping the audience understanding and nutrition education can be implemented.

Purpose: Analyze the effect of nutrition education using e-booklets about obesity on nutritional knowledge, nutritional attitudes, eating behavior and teenagers weight.

Method: This study uses the Quasy Experiment method to determine the possibility of a cause and effect by using an intervention and comparing the results with a control group that was not given the intervention. The design used in this research was a nonrandomized pre- and post-test control group design.

Results: Shows the influence of nutrition education using e-booklets about obesity on nutritional knowledge with a value of $p = 0.001$, nutritional attitudes with a value of $p = 0.018$, and energy intake with a value of $p = 0.025$. There was no effect of nutritional education using e-booklets about obesity on protein intake with a value of $p = 0.246$, fat intake with a value of $p = 0.052$, carbohydrate intake with a value of $p = 0.167$, fiber intake with a value of $p = 0.103$, and body weight with a value of $p = 0.400$.

Conclusion: Providing nutrition education using e-booklets about obesity has a positive effect on nutritional knowledge, nutritional attitudes and energy intake, and has a negative impact on protein, fat, carbohydrate, fiber and body weight intake.

Keywords: Nutrition education, obesity, nutritional knowledge, nutritional attitudes, eating behavior.