

ABSTRACT

ERLAN ESZRA PRASANTA, 2026, Differences in Knowledge and Attitudes Before and After Nutrition Education on Obesity Prevention Through Animated Video Media Among Class X-6 Students at SMA Laboratorium UM, THESIS, Applied Bachelor's Degree Program in Nutrition and Dietetics, Health Polytechnic of the Ministry of Health Malang. Advisor: Tapriadi, Hasan Aroni, and Karina Muthia Shanti

Background: Obesity is one of the nutritional problems that continues to increase among adolescents and may lead to various health impacts in the future. Low levels of knowledge and inappropriate attitudes regarding obesity prevention are among the factors that can increase the risk of obesity in adolescents. Efforts to improve knowledge and shape attitudes can be conducted through nutrition education using engaging media suitable for adolescent characteristics, one of which is animated video media. **Objective:** To determine the differences in knowledge and attitudes before and after nutrition education on obesity prevention through animated video media among Class X-6 students at SMA Laboratorium UM. **Design:** This study was a quantitative analytical study with a pre-experimental approach using a one-group pretest-posttest design. The study was conducted in April 2026 at SMA Laboratorium UM. The study population consisted of Class X-6 students at SMA Laboratorium UM, with a total of 30 respondents. Data analysis was performed using the Shapiro–Wilk normality test and the Paired t-test. **Results:** The results showed that there were significant differences in respondents' knowledge and attitudes before and after receiving nutrition education through animated video media at α 0,05. **Conclusion:** There were differences in knowledge and attitudes before and after nutrition education on obesity prevention through animated video media among Class X-6 students at SMA Laboratorium UM at α 0,05.

Keywords: nutrition education, animated video, knowledge, attitude, obesity.