

Effectiveness of Nutrition Education Using Nutrition Cakram and Leaflet Methods in Improving Adolescent Female Knowledge About Chronic Energy Deficiency (CED) at State Vocational High School Tiga in Bengkulu City

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Abstract

Nutritional needs in adolescence increase significantly compared to childhood. Prolonged nutrient deficiencies, especially energy and protein, can result in Chronic Energy Deficiency (CED). CED is characterized by continuous inadequate energy and protein intake, which is experienced by most adolescent girls around the world, including in Indonesia. This study aims to determine the effectiveness of nutrition education using nutrition cakrams and leaflets on increasing adolescent girls' knowledge about chronic energy deficiency. This study is a quasi-experimental study before and after, with 150 adolescent girls aged 17-18 years, using a simple random sampling technique. Nutrition education was given to adolescent girls using media in the form of cakrams and leaflets. Data collection included pre-test and post-test assessments of knowledge about CED in the cakram and leaflet groups at SMK Negeri Tiga Kota Bengkulu in 2024. Before being given the cakrams, the average knowledge score of the cakram media group was 30.21 after being given the cakrams was 91.91. In the leaflet group, the average knowledge score before and after was 28.29 and after 51.70. Initial findings indicate that media such as cakrams can significantly increase understanding and awareness of KEK. Nutrition education using innovative media such as cakrams has been shown to be effective in increasing knowledge of KEK among adolescent girls. This is because the increase in knowledge is higher compared to the use of leaflet media

Keywords

Nutrition Education, Cakrams, Leaflets, Knowledge About KEK