

EFEKTIVITAS EDUKASI KESEHATAN DENGAN METODE *BUZZ GROUPS* TENTANG DAMPAK NEGATIF *FAST FOOD* PADA TINGKAT PENGETAHUAN DAN SIKAP REMAJA DI SMANEGERI 1 BITUNG

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Abstrak

Latar Belakang: *fast food* merupakan jenis makanan yang mudah dikemas, disajikan, dan praktis. Jenis *fast food* misalnya adalah *hamburger*, *fried chicken*, *french fries potatoes*, *soft drink*, dan *pizza*. *Fast food* juga memiliki dampak negatif, dampak negatif yaitu peningkatan risiko obesitas, diabetes tipe 2, penyakit jantung, dan hipertensi, kurangnya nutrisi, vitamin, ketergangtungan terhadap makanan *fast food*, peningkatan limbah sampah plastik dan masalah lingkungan akibat industri makanan *fast food*.

Tujuan: Untuk mengetahui fektivitas edukasi kesehatan dengan metode *buzz groups* tentang dampak *fast food* pada tingkat pengetahuan dan sikap siswa dan siswi kelas X.10 di SMA Negeri 1 Bitung.

Metode : Jenis penelitian kuantitatif ini menggunakan Pra-eksperiment dengan desain *One Group Pre end Post Test*. Penelitian *pre-eksperiment* dengan rancangan *One Group pre and post test* untuk mengetahui tingkat pengetahuan dan sikap sebelum dan sesudah diberikan pendidikan kesehatan tentang dampak negatif mengkonsumsi *fast food* pada remaja kelas X.10 di SMA Negeri 1 Bitung. Jumlah populasi 459 siswa dan sampel 39 siswa.

Hasil : Hasil analisis menunjukkan menggunakan uji wilcoxon menunjukkan nilai negative rank sebesar 0,00 dan positive rank sebesar 39,00, yang menunjukkan adanya nilai dari pre test ke post test. Nilai tingkat pengetahuan Z sebesar -5,480 dan sikap Z sebesar -5,66 dengan p- value sebesar 0,00 (<0.00).

Kesimpulan: Terdapat perbedaan yang signifikan antara tingkat pengetahuan dan sikap remaja sebelum dan sesudah diberikan edukasi pendidikan kesehatan tentang dampak negatif mengkonsumsi makanan *fast food* pada remaja kelas X.10 di SMA Negeri 1 Bitung. Dengan demikian H_0 ditolak dan H_1 diterima. Artinya adanya perubahan pada tingkat pengetahuan dan sikap remaja dalam mengkonsumsi makanan *fast food*.

Kunci: Tingkat Pengetahuan, Sikap, Edukasi

Perpustakaan: 37(2018-2024)

THE EFFECTIVENESS OF HEALTH EDUCATION WITH BUZZ GROUPS METHOD ON THE NEGATIVE IMPACTS OF FAST FOOD ON THE LEVEL OF KNOWLEDGE AND ATTITUDES OF TUDENTS AT SMA NEGERI 1 BITUNG

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Abstract

Background: Fast food refers to food that is easily packaged, served quickly, and convenient to consume such as hamburgers, fried chickens, French fries, soft drinks, and pizzas. Despite its popularity, fast food has several negative effects, such as an increased risk of obesity, type 2 diabetes, heart disease, and hypertension. It also contributes to nutritional deficiencies, vitamin insufficiency, dependency on fast food, and environmental issues such as increased plastic waste and pollution resulting from the fast food industry.

Objective: This study aimed to determine the effectiveness of health education using the *buzz group* method on the level of knowledge and attitudes of students in class X.10 at SMA Negeri 1 Bitung regarding the negative impacts of fast food consumption.

Method: This quantitative study employed a *pre-experimental* design using a *one-group pretest-posttest* approach to assess students' knowledge and attitudes before and after receiving health education about the negative impacts of fast food consumption. The population consisted of 459 students, with a total sample of 39 students.

Results: Data analysis using the Wilcoxon test indicated a negative rank value of 0.00 and a positive rank value of 39.00, demonstrating improvement from pretest to posttest. The Z-value for knowledge was -5.480 and for attitude was -5.660, with a p-value of 0.00 (<0.05).

Conclusion: There was a significant difference in the level of knowledge and attitudes of students before and after receiving health education about the negative impacts of consuming fast food among class X.10 students at SMA Negeri 1 Bitung. Therefore, H_0 was rejected and H_1 was accepted, indicating that health education effectively improved students' knowledge and attitudes toward fast food consumption.

Keywords: Knowledge Level, Attitudes, Health Education, Fast Food

References: 37 (2018–2024)

This translation has been checked and proven accurate

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