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## DAFTAR LAMPIRAN

### Lampiran 1 Nama nama Siswi Yang Menjadi Responden

| NO | NAMA               | KELAS | UMUR |
|----|--------------------|-------|------|
| 1  | Adelya syahfitri   | X 1   | 16   |
| 2  | Andita safira      | X1    | 16   |
| 3  | Angelina           | X1    | 18   |
| 4  | Anita Silvia       | X1    | 16   |
| 5  | Avaline            | X1    | 16   |
| 6  | Azih khumairoh     | X1    | 17   |
| 7  | Calista wijaya     | X1    | 16   |
| 8  | Chelse olivia      | X 1   | 17   |
| 9  | Chelsie            | X 1   | 16   |
| 10 | Dara chairani      | X 1   | 16   |
| 11 | Dinda amalia       | X 1   | 16   |
| 12 | Dwi apriliani      | X 1   | 16   |
| 13 | Dwi rusita         | X 1   | 17   |
| 14 | Dwi suryani        | X 1   | 16   |
| 15 | Elvina halim       | X 1   | 16   |
| 16 | Elysia Halim       | X 1   | 16   |
| 17 | Jesica             | X 1   | 15   |
| 18 | Jihan natasya      | X 1   | 16   |
| 19 | Joyceline          | X 1   | 15   |
| 20 | Kaila dian novita  | X 1   | 16   |
| 21 | Mila sari          | X 1   | 16   |
| 22 | Nabila aulia putri | X 1   | 16   |
| 23 | Nur laili          | X 1   | 16   |
| 24 | Olivia             | X 1   | 16   |
| 25 | Rama safitri       | X 1   | 16   |
| 26 | Rastia devi        | X 1   | 15   |
| 27 | Shelly wijaya      | X 1   | 16   |

|    |                       |      |    |
|----|-----------------------|------|----|
| 28 | Shely novita          | X 1  | 17 |
| 29 | Sonya karim           | X 1  | 16 |
| 30 | Suci alika rama       | X 1  | 16 |
| 31 | Talitta azhira        | X 1  | 16 |
| 32 | Theresia amanda       | X 1  | 16 |
| 33 | Vanesha sim rachel    | X 1  | 16 |
| 34 | Windi sintia sari     | X 1  | 16 |
| 35 | Zuliani desvita       | X 1  | 17 |
| 36 | Anisah                | XI 1 | 17 |
| 37 | Aulia andini          | XI 1 | 16 |
| 38 | Aura kasih            | XI1  | 16 |
| 39 | Autri sella purnama   | XI1  | 17 |
| 40 | Citra nabila          | XI1  | 16 |
| 41 | Fia kayla azura       | XI1  | 17 |
| 42 | Herlyani octavia      | XI1  | 17 |
| 43 | Lidwina               | XI1  | 16 |
| 44 | Luna                  | XI1  | 17 |
| 45 | Nabila ramadani       | XI1  | 16 |
| 46 | Putri purnama sari    | XI1  | 16 |
| 47 | Renisa octavia        | XI1  | 18 |
| 48 | Selli ardila          | XI1  | 17 |
| 49 | Sri sumaira           | XI1  | 17 |
| 50 | Uchi sintia           | XI1  | 18 |
| 51 | Adek natasya harianti | XI1  | 16 |
| 52 | Chintia               | XI1  | 16 |

## Lampiran 2 Kuesioner Penelitian

### **PENGARUH PENGETAHUAN GIZI SEIMBANG PADA REMAJA PU- TRI MELALUI MEDIA TIKTOK DI SMA SWASTA SINAR HARAPAN**

#### 1. IDENTITAS

Nama :

usia/tanggal lahir :

Umur :

#### 2. PENGETAHUAN

1. Ada berapa pesan yang terdapat dalam Pedoman Umum Gizi Seimbang (PUGS)?

**a. 10 pesan**

b. 13 pesan

c. 14 pesan

d. Tidak tahu

2. Pedoman gizi seimbang berbentuk...

**a. Piramida/Kerucut**

b. Persegi

c. Lingkaran

d. Tidak tahu

3. Pesan pertama dalam pesan umum gizi seimbang adalah

a. Biasakan sarapan

b. Biasakan minum air putih yang cukup dan aman

**c. Syukuri dan nikmati anekaragam makanan**

d. Tidak tahu

4. Menurut Ibu, sebaiknya berapa kali seseorang harus makan sayur dan buah dalam sehari?

a. 1x/hari

b. 2x/ hari

**c. 3–5x/ hari**

d. Tidak tahu

5. Sumber serat yang paling banyak terdapat pada

**a. Sayur dan buah**

b. Roti dan susu

c. Ikan dan telur

d. Tidak tahu

6. Cara mengonsumsi sayur dan buah yang paling baik adalah buah yang...

a. Diolah menjadi minuman sari buah kemasan

b. Diolah menjadi manisan

**c. Dalam keadaan segar**

d. Tidak tahu

7. Contoh makanan yang termasuk kedalam sumber protein hewani adalah....

a. Susu kedelai

b. Ubi jalar

**c. Ikan**

d. Kentang

8. Contoh makanan yang termasuk kedalam sumber protein nabati adalah...
- a. Ayam
  - b. Tempe**
  - c. Ikan
  - d. Kentang
9. Menurut anda, makanan/bahan makanan apakah yang bisa menggantikan nasi sebagai sumber energi....
- a. ubi
  - b. mie
  - c. jagung
  - d. semua benar**
10. Konsumsi makanan sumber energy yang melebihi kebutuhan secara terus menerus akan menyebabkan....
- a. berat badan berlebih**
  - b. kurang gizi
  - c. tidak tahu
  - d. stunting
11. Fungsi utama karbohidrat adalah....
- a. sumber utama bagi tubuh**
  - b. pembentuk sel darah merah
  - c. menjaga Kesehatan mata
  - d. tidak tahu
12. Porsi sayur ditambah porsi buah sesuai anjuran isi piringku adalah sebanyak...
- a. 1 piring
  - b. 1/2 piring**
  - c. 1/4 piring
  - d. d. tidak tahu
13. Anjuran konsumsi gula sehari-hari maksimal sebanyak....



**a.3-4 sendok makan**

b.5-6 sendok makan

c.7-8 sendok makan

d.tidak tahu

14. Anjuran konsumsi minyak sehari-hari maksimal sebanyak ...

**a.3-4 sendok makan**

b.5-6 sendok makan

c.7-8 sendok makan

d.tidak tahu

15. Konsumsi garam sehari – hari sebaiknya tidak lebih dari....

a. 1/2 sdt

b.1 ½ sdt

**d.1 sdt**

d.tidak tahu

16. Sarapan dapat memenuhi kebutuhan gizi harian sebanyak...

a. 5 –15% kebutuhan gizi

**b.15 - 30% kebutuhan gizi**

c.20 –35% kebutuhan gizi

d.Tidak tahu

17. Sarapan yang sehat sebaiknya terdiri dari

a. Nasi, telur, buah

b. Nasi, sayur dan buah

**c. Nasi, tempe, ikan, sayur dan buah**

d. Tidak tahu

18. Salah satu jenis makanan yang baik untuk dikonsumsi bagi tubuh setiap hari adalah...

- a.minuman soda
- b.mie instan
- c.makanan berminyak

**d.buah-buahan**

19. Sebaiknya berapa banyak air putih yang harus dikonsumsi se- tiap hari...

- a.6 gelas
- b.5 gelas

**c.8 gelas**

- d.3 gelas

20. Akibat dari kekurangan cairan adalah

- a.Anemia
- b.Menurunkan berat badan

**c.Mengganggu proses metabolisme**

- d.Tidak tahu

21. Manfaat air putih bagi kesehatan adalah...

- a.Melancarkan pencernaan
- b.Baik untuk aktivitas fisik
- c.untuk tahap pertumbuhan

**d.semua benar**

22. Berikut ini yang **tidak** perlu diperhatikan ketika membeli makanan kemasan adalah...

**a. Design kemasan**

b. Cara penyimpanan

c. c.Informasi alergen

d. d.Tanggal kadaluarsa

23. Keterangan tentang isi,jenis,komposisi zat gizi, tanggal kadaluarsa merupakan pengertian dari...

**a.Label**

b.kemasan

c.produk

d.design

24. Tujuan utama pelabelan gizi pada suatu produk pangan adalah....

**a.membantu konsumen untuk menghindari atau mengurangi kelebihan ataupun kekurangan asupan zat gizi yang dapat menyebabkan masalah Kesehatan**

b.untuk mempercantik produk

c.memperlengkap produk

d.tidak tahu

25. Manfaat cuci tangan pakai sabun adalah

a. Membuat tangan menjadi mulus

b. Membuat kuku menjadi panjang

c. Membuat kulit putih

**d. Supaya tidak terjadi penyebaran infeksi**

26. Mencuci tangan dengan bersih dapat mencegah penyakit dan memutus penyebaran kuman.

**a. Benar**

b. Salah

27. Mencuci tangan pakai sabun diperlukan setelah kita bermain/berolahraga.

**a. Benar**

b. Salah

28. Berapa lama aktivitas fisik (latihan fisik atau olahraga) yang dianjurkan dalam sehari

a.1 menit per hari

**b.30 menit per hari**

c.60 menit per hari

d.Tidak tahu

29. Apa manfaat utama melakukan aktivitas fisik secara teratur?

a. Menambah berat badan lebih

b. Meningkatkan risiko penyakit jantung

**c. Membantu menjaga kesehatan tubuh dan kebugaran**

d. Tidak ada manfaatnya

30. Aktivitas fisik ringan yang dapat dilakukan sehari-hari adalah...

a. Mengangkat beban berat

b. Duduk menonton TV

**c. Berjalan kaki santai selama 10 menit**

d. Bermain video game

### Lampiran 3. Master Tabel

| Nama Responden      | Umur | Kelas | Username Tiktok | PENGETAHUAN |          |          |          |
|---------------------|------|-------|-----------------|-------------|----------|----------|----------|
|                     |      |       |                 | Pretest     | kategori | Posttest | kategori |
| Adelya syahfitri    | 16   | X1    | Adelya          | 18          | cukup    | 22       | cukup    |
| Andita safira       | 16   | X1    | @taaa           | 17          | kurang   | 22       | cukup    |
| Angelina            | 18   | X1    | Apanya          | 18          | cukup    | 20       | Cukup    |
| Anita Silvia        | 16   | X1    | Anita silvia    | 10          | Kurang   | 14       | kurang   |
| Avaline             | 16   | X1    | 15%             | 16          | kurang   | 21       | cukup    |
| Azih khumairoh      | 17   | X1    | @umay_y05       | 17          | kurang   | 19       | cukup    |
| Calista wijaya      | 16   | X1    | Calistaaa       | 19          | cukup    | 20       | cukup    |
| Chelse olivia       | 17   | X 1   | Chelseee*       | 16          | kurang   | 22       | cukup    |
| Chelsie             | 16   | X 1   | Chjelsie        | 20          | cukup    | 22       | cukup    |
| Dara chairani       | 16   | X 1   | SAGITARIUS      | 19          | cukup    | 20       | cukup    |
| Dinda amalia        | 16   | X 1   | @ddindaa4       | 16          | kurang   | 21       | cukup    |
| Dwi apriliani       | 16   | X 1   | @ehhmmm         | 22          | cukup    | 26       | baik     |
| Dwi rusita          | 17   | X 1   | Dwi rusita      | 20          | cukup    | 23       | baik     |
| Dwi suryani         | 16   | X 1   | Suryani dwi21   | 19          | cukup    | 24       | baik     |
| Elvina halim        | 16   | X 1   | @Jijelaespaaa   | 18          | cukup    | 22       | cukup    |
| Elysia Halim        | 16   | X 1   | Jshhngxx        | 19          | cukup    | 20       | cukup    |
| Jesica              | 15   | X 1   | Jesika kwek     | 18          | cukup    | 23       | baik     |
| Jihan natasya       | 16   | X 1   | Jihan_12        | 19          | cukup    | 20       | cukup    |
| Joyceline           | 15   | X 1   | Matchverse      | 15          | Kurang   | 16       | Kurang   |
| Kaila dian novita   | 16   | X 1   | Novitadian12    | 19          | cukup    | 20       | cukup    |
| Mila sari           | 16   | X 1   | Milasari6410    | 19          | cukup    | 22       | cukup    |
| Nabila              | 16   | X 1   | Nabila_putri    | 15          | kurang   | 16       | kurang   |
| Nur laili           | 16   | X 1   | matchalate      | 18          | cukup    | 20       | cukup    |
| Olivia              | 16   | X 1   | tiramisyuuu     | 20          | cukup    | 22       | cukup    |
| Rama safitri        | 16   | X 1   | Safitri678      | 16          | kurang   | 18       | cukup    |
| Rastia devi         | 15   | X 1   | Stolizt_        | 19          | cukup    | 21       | cukup    |
| Shelly wijaya       | 16   | X 1   | Wijaya03        | 11          | cukup    | 16       | kurang   |
| Shely novita        | 17   | X 1   | @selly          | 16          | kurang   | 18       | cukup    |
| Sonya karim         | 16   | X 1   | Kimmm           | 19          | cukup    | 22       | cukup    |
| Suci alika rama     | 16   | X 1   | Astrophile      | 18          | cukup    | 19       | cukup    |
| Talitta azhira      | 16   | X 1   | Racunshop009    | 14          | Kurang   | 16       | kurang   |
| Theresia amanda     | 16   | X 1   | Ndaa.nya        | 20          | Cukup    | 22       | Cukup    |
| Vanesha sim rachel  | 16   | X 1   | nesss           | 17          | kurang   | 17       | kurang   |
| Windi sintia sari   | 16   | X 1   | Sintia34        | 15          | Kurang   | 16       | kurang   |
| Zuliani desvita     | 17   | X 1   | Zuzu_           | 16          | Kurang   | 16       | kurang   |
| Anisah              | 17   | XI 1  | Caca.exe        | 16          | kurang   | 18       | cukup    |
| Aulia andini        | 16   | XI 1  | Lia010229       | 15          | kurang   | 16       | kurang   |
| Aura kasih          | 16   | XI1   | Auraa01         | 19          | cukup    | 22       | cukup    |
| Autri sella purnama | 17   | XI1   | Sella_autri     | 17          | kurang   | 18       | cukup    |

|                       |    |     |                      |    |        |    |        |
|-----------------------|----|-----|----------------------|----|--------|----|--------|
| Citra nabila          | 16 | XI1 | Lia01                | 14 | Kurang | 16 | kurang |
| Fia kayla azura       | 17 | XI1 | di.ayyy              | 15 | Kurang | 16 | kurang |
| Herlyani octavia      | 17 | XI1 | ommmayaa             | 17 | Cukup  | 18 | cukup  |
| Lidwina               | 16 | XI1 | Choal's              | 16 | kurang | 17 | kurang |
| Luna                  | 17 | XI1 | Luna17               | 19 | Cukup  | 20 | cukup  |
| Nabila ramadani       | 16 | XI1 | Nabilah<br>ramadhani | 19 | cukup  | 22 | cukup  |
| Putri purnama sari    | 16 | XI1 | yayasss              | 15 | kurang | 18 | cukup  |
| Renisa octavia        | 18 | XI1 | Renisa07             | 16 | kurang | 19 | cukup  |
| Selli ardila          | 17 | XI1 | Selliiii_            | 16 | Kurang | 17 | kurang |
| Sri sumaira           | 17 | XI1 | Mirah_               | 20 | cukup  | 22 | cukup  |
| Uchi sintia           | 18 | XI1 | Uchiss_32            | 25 | Baik   | 28 | baik   |
| Adek natasya harianti | 16 | XI1 | deayya               | 18 | cukup  | 20 | cukup  |
| Chintia               | 16 | XI1 | Chintia              | 16 | kurang | 20 | cukup  |

Lampiran 4 Hasil Jawaban kuesioner pre-test dan Post-test

| No Responden | Hasil jawaban kuesioner Pengetahuan Gizi Seimbang ( <i>Pre Test</i> ) |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Total Benar | Total Salah |
|--------------|-----------------------------------------------------------------------|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------|-------------|
|              | P1                                                                    | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P10 | P11 | P12 | P13 | P14 | P15 | P16 | P17 | P18 | P19 | P20 | P21 | P22 | P23 | P24 | P25 | P26 | P27 | P28 | P29 | P30 |             |             |
| 1            | 1                                                                     | 1  | 0  | 0  | 1  | 1  | 1  | 0  | 1  | 0   | 0   | 0   | 0   | 0   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 18          | 12          |
| 2            | 0                                                                     | 0  | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 0   | 1   | 0   | 0   | 0   | 0   | 1   | 1   | 0   | 1   | 1   | 17          | 13          |
| 3            | 0                                                                     | 0  | 0  | 0  | 1  | 0  | 1  | 1  | 1  | 1   | 0   | 1   | 0   | 0   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 18          | 12          |
| 4            | 1                                                                     | 1  | 0  | 0  | 0  | 1  | 0  | 0  | 1  | 0   | 0   | 1   | 1   | 1   | 0   | 0   | 1   | 0   | 0   | 0   | 1   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1   | 0   | 10          | 20          |
| 5            | 0                                                                     | 1  | 0  | 0  | 1  | 1  | 1  | 0  | 1  | 1   | 0   | 0   | 0   | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 16          | 14          |
| 6            | 0                                                                     | 0  | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 0   | 1   | 0   | 1   | 0   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 17          | 13          |
| 7            | 1                                                                     | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 0  | 1   | 1   | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 0   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 19          | 11          |
| 8            | 1                                                                     | 0  | 1  | 0  | 0  | 1  | 1  | 0  | 1  | 0   | 1   | 0   | 0   | 0   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 16          | 14          |
| 9            | 1                                                                     | 0  | 1  | 0  | 1  | 0  | 1  | 1  | 1  | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 20          | 10          |
| 10           | 1                                                                     | 0  | 1  | 0  | 0  | 1  | 1  | 1  | 0  | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 0   | 1   | 0   | 19          | 11          |
| 11           | 1                                                                     | 0  | 1  | 0  | 1  | 1  | 0  | 1  | 0  | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 0   | 1   | 0   | 0   | 16          | 14          |
| 12           | 1                                                                     | 1  | 0  | 1  | 0  | 1  | 1  | 0  | 1  | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 22          | 8           |
| 13           | 1                                                                     | 1  | 0  | 1  | 1  | 0  | 1  | 1  | 1  | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 0   | 0   | 0   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 20          | 10          |
| 14           | 1                                                                     | 1  | 1  | 0  | 1  | 0  | 0  | 1  | 1  | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 0   | 19          | 11          |
| 15           | 1                                                                     | 1  | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 1   | 0   | 0   | 0   | 0   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 18          | 12          |
| 16           | 1                                                                     | 0  | 0  | 0  | 0  | 1  | 1  | 1  | 1  | 0   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 19          | 11          |
| 17           | 1                                                                     | 1  | 0  | 0  | 0  | 1  | 1  | 1  | 0  | 1   | 1   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 0   | 0   | 0   | 1   | 1   | 1   | 18          | 12          |
| 18           | 1                                                                     | 1  | 0  | 0  | 0  | 1  | 0  | 1  | 0  | 1   | 1   | 0   | 0   | 0   | 0   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 19          | 11          |
| 19           | 1                                                                     | 1  | 0  | 0  | 1  | 1  | 0  | 1  | 0  | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 0   | 0   | 15          | 15          |
| 20           | 1                                                                     | 1  | 0  | 0  | 1  | 1  | 0  | 0  | 0  | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 19          | 11          |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|----|
| 21 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 19 | 11 |
| 22 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 15 | 15 |
| 23 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 18 | 12 |
| 24 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 20 | 10 |
| 25 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 16 | 14 |
| 26 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 19 | 11 |
| 27 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 11 | 19 |
| 28 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 16 | 14 |
| 29 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 19 | 11 |
| 30 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 18 | 12 |
| 31 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 14 | 16 |
| 32 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 20 | 10 |
| 33 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 17 | 13 |
| 34 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 15 | 15 |
| 35 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 16 | 14 |
| 36 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 16 | 14 |
| 37 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 15 | 15 |
| 38 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 19 | 11 |
| 39 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 17 | 13 |
| 40 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 14 | 16 |
| 41 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 15 | 15 |
| 42 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 17 | 13 |
| 43 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 16 | 14 |
| 44 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 19 | 11 |
| 45 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 19 | 11 |
| 46 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 15 | 15 |
| 47 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 16 | 14 |
| 48 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 16 | 14 |
| 49 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 20 | 10 |
| 50 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 25 | 5  |



|             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 51          | 1  | 0  | 0  | 0  | 1  | 1  | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 0  | 0  | 1  | 0  | 1  | 1  | 1  | 1  | 0  | 1  | 1  | 1  | 0  | 0  | 1  | 0  | 1  | 18 | 12 |
| 52          | 0  | 0  | 0  | 0  | 0  | 1  | 1  | 0  | 0  | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 0  | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 0  | 1  | 1  | 0  | 1  | 1  | 16 | 14 |
| Total Benar | 28 | 24 | 12 | 16 | 33 | 40 | 33 | 22 | 19 | 39 | 39 | 29 | 36 | 22 | 16 | 24 | 33 | 39 | 33 | 21 | 35 | 33 | 24 | 36 | 36 | 40 | 36 | 32 | 37 | 34 |    |    |
| Total Salah | 24 | 30 | 40 | 36 | 19 | 12 | 19 | 30 | 33 | 13 | 13 | 23 | 16 | 30 | 36 | 28 | 19 | 13 | 19 | 31 | 17 | 19 | 28 | 16 | 16 | 12 | 16 | 20 | 15 | 18 |    |    |

| No Responden | Hasil jawaban kuesioner Pengetahuan Gizi Seimbang ( <i>Post Test</i> ) |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Total Benar | Total Salah |
|--------------|------------------------------------------------------------------------|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------|-------------|
|              | P1                                                                     | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P10 | P11 | P12 | P13 | P14 | P15 | P16 | P17 | P18 | P19 | P20 | P21 | P22 | P23 | P24 | P25 | P26 | P27 | P28 | P29 | P30 |             |             |
| 1            | 0                                                                      | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 0  | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 0   | 22          | 8           |
| 2            | 1                                                                      | 0  | 1  | 0  | 1  | 1  | 1  | 1  | 0  | 0   | 1   | 0   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 22          | 8           |
| 3            | 1                                                                      | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 1  | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 0   | 1   | 1   | 0   | 20          | 10          |
| 4            | 0                                                                      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0   | 1   | 0   | 1   | 0   | 0   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 14          | 6           |
| 5            | 0                                                                      | 1  | 1  | 0  | 1  | 0  | 0  | 0  | 1  | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 21          | 9           |
| 6            | 1                                                                      | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 0   | 1   | 0   | 1   | 1   | 0   | 1   | 0   | 0   | 0   | 0   | 1   | 19          | 11          |
| 7            | 0                                                                      | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 0  | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 20          | 10          |
| 8            | 1                                                                      | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 0   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 22          | 8           |
| 9            | 1                                                                      | 0  | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 1   | 1   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 22          | 8           |
| 10           | 0                                                                      | 1  | 0  | 1  | 0  | 0  | 0  | 1  | 0  | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 20          | 10          |
| 11           | 0                                                                      | 1  | 0  | 1  | 0  | 1  | 1  | 1  | 1  | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 21          | 9           |
| 12           | 1                                                                      | 1  | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 26          | 4           |
| 13           | 1                                                                      | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 1  | 1   | 1   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 23          | 7           |
| 14           | 1                                                                      | 0  | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 24          | 6           |
| 15           | 1                                                                      | 0  | 1  | 0  | 1  | 0  | 1  | 1  | 1  | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 22          | 8           |
| 16           | 0                                                                      | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 0  | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 20          | 10          |
| 17           | 1                                                                      | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 1  | 0   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 23          | 7           |
| 18           | 0                                                                      | 1  | 1  | 0  | 1  | 1  | 1  | 1  | 0  | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 0   | 1   | 0   | 20          | 10          |
| 19           | 1                                                                      | 1  | 0  | 0  | 1  | 1  | 1  | 0  | 1  | 1   | 1   | 1   | 1   | 1   | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 0   | 0   | 0   | 0   | 0   | 1   | 0   | 1   | 16          | 14          |
| 20           | 0                                                                      | 0  | 0  | 1  | 0  | 1  | 0  | 0  | 1  | 0   | 1   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 1   | 20          | 10          |
| 21           | 1                                                                      | 1  | 0  | 0  | 1  | 1  | 1  | 1  | 0  | 1   | 1   | 1   | 1   | 1   | 0   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1   | 1   | 22          | 8           |
| 22           | 0                                                                      | 0  | 1  | 0  | 1  | 0  | 0  | 1  | 1  | 0   | 1   | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1   | 1   | 16          | 14          |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|----|----|----|
| 23 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0  | 20 | 10 |    |
| 24 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 22 | 8  |    |    |
| 25 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1  | 18 | 12 |    |
| 26 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1  | 21 | 9  |    |
| 27 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0  | 16 | 14 |    |
| 28 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1  | 18 | 12 |    |
| 29 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 22 | 8  |    |
| 30 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1  | 19 | 11 |    |
| 31 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0  | 1  | 16 | 14 |
| 32 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 22 | 8  |    |
| 33 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1  | 17 | 13 |    |
| 34 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 16 | 14 |    |
| 35 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1  | 16 | 14 |    |
| 36 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1  | 18 | 12 |    |
| 37 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0  | 16 | 14 |    |
| 38 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0  | 22 | 8  |    |
| 39 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1  | 18 | 12 |    |
| 40 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1  | 0  | 16 | 14 |
| 41 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0  | 16 | 14 |    |
| 42 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1  | 1  | 18 | 12 |
| 43 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0  | 1  | 17 | 13 |
| 44 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0  | 20 | 10 |    |
| 45 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0  | 22 | 8  |    |
| 46 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1  | 18 | 12 |    |
| 47 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1  | 19 | 11 |    |
| 48 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0  | 17 | 13 |    |
| 49 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 22 | 8  |    |
| 50 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 28 | 2  |    |
| 51 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0  | 20 | 10 |    |

|             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 52          | 1  | 0  | 1  | 0  | 0  | 0  | 0  | 1  | 1  | 1  | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 0  | 0  | 0  | 1  | 20 | 10 |  |
| Total Benar | 32 | 31 | 20 | 18 | 40 | 39 | 37 | 38 | 30 | 38 | 46 | 33 | 43 | 26 | 17 | 35 | 34 | 37 | 34 | 30 | 38 | 35 | 32 | 36 | 36 | 40 | 38 | 36 | 39 | 37 |  |
| Total Salah | 20 | 21 | 32 | 34 | 12 | 13 | 15 | 14 | 22 | 14 | 6  | 19 | 9  | 26 | 35 | 17 | 18 | 15 | 18 | 22 | 14 | 17 | 20 | 16 | 16 | 12 | 14 | 16 | 13 | 15 |  |

## Lampiran 5. Frekuensi Tabel

### 1. ANALISIS UNIVARIAT

| 1. Kelas |          |           |         |               |                    |
|----------|----------|-----------|---------|---------------|--------------------|
|          |          | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid    | Kelas 10 | 35        | 67.3    | 67.3          | 67.3               |
|          | Kelas 11 | 17        | 32.7    | 32.7          | 100.0              |
|          | Total    | 52        | 100.0   | 100.0         |                    |

| Umur  |             |           |         |               |                    |
|-------|-------------|-----------|---------|---------------|--------------------|
|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 10-1 Tahun  | 2         | 3.8     | 3.8           | 3.8                |
|       | 15-19 Tahun | 50        | 96.2    | 96.2          | 100.0              |
|       | Total       | 52        | 100.0   | 100.0         |                    |

| Pre-test |        |           |         |               |                    |
|----------|--------|-----------|---------|---------------|--------------------|
|          |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid    | Cukup  | 31        | 61.5    | 61.5          | 61.5               |
|          | Kurang | 20        | 38.5    | 38.5          | 100.0              |
|          | Total  | 52        | 100.0   | 100.0         |                    |

| Post-Test |        |           |         |               |                    |
|-----------|--------|-----------|---------|---------------|--------------------|
|           |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid     | Baik   | 5         | 9.6     | 9.6           | 9.6                |
|           | Cukup  | 37        | 71.2    | 71.2          | 80.8               |
|           | Kurang | 10        | 19.2    | 19.2          | 100.0              |
|           | Total  | 52        | 100.0   | 100.0         |                    |

| Statistics         |         |          |           |
|--------------------|---------|----------|-----------|
|                    |         | Pre-Test | Post-Test |
| N                  | Valid   | 52       | 52        |
|                    | Missing | 0        | 0         |
| Mean               |         | 17.35    | 19.71     |
| Std. Error of Mean |         | .347     | .395      |
| Std. Deviation     |         | 2.504    | 2.851     |
| Variance           |         | 6.270    | 8.131     |
| Range              |         | 15       | 14        |
| Minimum            |         | 10       | 14        |
| Maximum            |         | 25       | 28        |

### 3. ANALISIS BIVARIAT

#### 1. UJI NORMALITAS

| Tests of Normality                    |                                 |    |      |              |    |      |
|---------------------------------------|---------------------------------|----|------|--------------|----|------|
|                                       | Kolmogorov-Smirnov <sup>a</sup> |    |      | Shapiro-Wilk |    |      |
|                                       | Statistic                       | df | Sig. | Statistic    | df | Sig. |
| Pre Test                              | .120                            | 52 | .060 | .942         | 52 | .014 |
| Post Test                             | .117                            | 52 | .072 | .948         | 52 | .025 |
| a. Lilliefors Significance Correction |                                 |    |      |              |    |      |

#### 2. Uji Paired Sample T-Test

| Paired Samples Statistics |           |       |    |                |                 |
|---------------------------|-----------|-------|----|----------------|-----------------|
|                           |           | Mean  | N  | Std. Deviation | Std. Error Mean |
| Pair 1                    | Pre Test  | 17.35 | 52 | 2.504          | .347            |
|                           | Post Test | 19.71 | 52 | 2.851          | .395            |

| Paired Samples Correlations |                      |    |             |      |
|-----------------------------|----------------------|----|-------------|------|
|                             |                      | N  | Correlation | Sig. |
| Pair 1                      | Pre Test & Post Test | 52 | .849        | .000 |

| Paired Samples Test |                     |                    |                   |                       |                                                    |        |         |    |                    |
|---------------------|---------------------|--------------------|-------------------|-----------------------|----------------------------------------------------|--------|---------|----|--------------------|
|                     |                     | Paired Differences |                   |                       |                                                    |        | t       | df | Sig.<br>(2-tailed) |
|                     |                     | Mean               | Std.<br>Deviation | Std.<br>Error<br>Mean | 95%<br>Confidence<br>Interval of the<br>Difference |        |         |    |                    |
|                     |                     |                    |                   |                       | Lower                                              | Upper  |         |    |                    |
| Pair 1              | Pre Test - PostTest | -2.365             | 1.509             | .209                  | -2.785                                             | -1.945 | -11.307 | 51 | .000               |

## Lampiran 6 Surat Izin Penelitian

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Kementerian Kesehatan</b><br>Direktorat Jenderal<br>Sumber Daya Manusia Kesehatan<br>Poltekkes Medan<br>Jalan Jamin Giring KM. 13.5<br>Medan, Sumatera Utara 20137<br>(061) 8366633<br><a href="https://poltekkes-medan.ac.id">https://poltekkes-medan.ac.id</a> |
| Lubuk Pakam, 27 Mei 2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                     |
| Nomor : KH.03.01/XIV.13/873/2025<br>Lampiran : 1 (Satu)<br>Perihal : <u>Surat Izin Penelitian</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                     |
| Kepada Yth:<br>Kepala Sekolah SMA Swasta Sinar Harapan<br>di _____<br>Tempat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                     |
| <p>Sesuai dengan Kurikulum Prodi Diploma III Gizi dimana mahasiswa semester VI diwajibkan menyusun Karya Tulis Ilmiah. Berkenaan dengan hal tersebut kami mohon izin bagi mahasiswa bimbingan Dr. Oslida Martony, SKM, M. Kes untuk melakukan Penelitian di Sekolah SMA Swasta Sinar Harapan. Adapun nama mahasiswa tersebut, adalah:</p> <p>Nama : Ade Eka Safitri<br/>NIM : P01031122051<br/>Judul : Pengaruh Pengetahuan Gizi Seimbang pada Remaja Putri melalui Media Tiktok di SMA Swasta Sinar Harapan.</p> <p>Demikian kami sampaikan, atas perhatian dan kerjasamanya diucapkan terima kasih.</p> <p style="text-align: right;">Ketua Jurusan,</p> <div style="text-align: center;"></div> <p style="text-align: right;">Riris Oppusunggu, S. Pd. M. Kes</p> |                                                                                                                                                                                                                                                                     |
| <div style="border: 1px solid black; padding: 5px; font-size: small;"><p>Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silakan laporkan melalui HALO KEMENKES 1500567 dan <a href="https://whys.kemkes.go.id">https://whys.kemkes.go.id</a>. Untuk verifikasi keaslian tanda tangan elektronik, silakan unggah dokumen pada laman <a href="https://tse.keminfo.go.id/verihPDF">https://tse.keminfo.go.id/verihPDF</a>.</p></div> <div style="text-align: right;"></div>                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                     |
| <small>Dipindai dengan<br/>CamScanner</small>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                     |

## Lampiran 7. Surat Balasan penelitian

**YAYASAN PERGURUAN SINAR HARAPAN CEMERLANG**  
**SMP – SMA – SMK**  
Jln. Pantai Labu Gg. Bali Sidodadi R (20552) – Kec. Beringin Kab. Deli Serdang  
E-mail : [sinarharapan22@yahoo.co.id](mailto:sinarharapan22@yahoo.co.id)

Beringin, 16 Juni 2025

No : 1998/SMA/SH/VI/2025  
Lampiran : -  
Hal : Balasan Izin Penelitian

Kepada Yth :  
Ka. Prodi Diploma III Gizi  
di-  
**POLTEKKES MEDAN**

Dengan hormat,  
Sesuai dengan surat dari Ketua POLTEKKES MEDAN Nomor : KH.03.01./XIV.13/873/2025, tentang Permohonan Izin Penelitian Dengan ini SMA SWASTA SINAR HARAPAN Jln. Pantai Labu Kec. Beringin Kab. Deli Serdang menerima Permohonan Penelitian tersebut, oleh yang namanya tertera di bawah ini:

Nama : ADE EKA SAFITRI  
NIM : P01031122051  
Program Studi : D3 GIZI  
Judul Penelitian : Pengaruh Pengetahuan Gizi Seimbang pada Remaja Putri melalui Media Tiktok di SMA Swasta Sinar Harapan.

Demikian surat ini kami sampaikan, agar dapat dipergunakan sebagaimana mestinya.

Beringin, 16 Juni 2025  
Ka. SMA Swasta Sinar Harapan

  
Miswanto, S.Ag



## Lampiran 8. Ethical Clearance



**Kementerian Kesehatan**  
**Poltekkes Medan**  
**Komisi Etik Penelitian Kesehatan**  
Jalan Jamin Ginting KM. 13,5  
Medan, Sumatera Utara 20137  
(061) 8368633  
<https://poltekkes-medan.ac.id>

**KETERANGAN LAYAK ETIK**  
**DESCRIPTION OF ETHICAL EXEMPTION**  
**"ETHICAL EXEMPTION"**

No.01.26.2301/KEPK/POLTEKKES KEMENKES MEDAN 2025

Protokol penelitian versi 1 yang diusulkan oleh :  
*The research protocol proposed by*

Peneliti utama : ade eka safitri  
*Principal In Investigator*

Nama Institusi : Politeknik Kesehatan Medan  
*Name of the Institution*

Dengan judul:  
*Title*

**"pengaruh pengetahuan gizi seimbang pada remaja putri melalui media Tiktok di SMA Swasta Sinar Harapan"**

*"The influence of balanced nutrition knowledge on adolescent girls through TikTok media at Sinar Harapan Private High School"*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.*

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 08 Oktober 2025 sampai dengan tanggal 08 Oktober 2026.

*This declaration of ethics applies during the period October 08, 2025 until October 08, 2026.*



October 08, 2025  
Chairperson,

Dr. Lestari Rahmah, MKT

01167/EE/2025/0159231271

## Lampiran 9. Surat Pernyataan Bersedia Menjadi Responden

### SURAT PERNYATAAN BERSEDIA MENJADI RESPONDEN

Yang bertanda tangan dibawah ini, saya :

Nama Siswi :

Kelas :

Umur :

Hari/Tanggal :

No Whatshaap :

Saya menyatakan bersedia menjadi responden dalam penelitian yang dilakukan oleh mahasiswi Prodi Diploma III gizi Poltekkes Kemenkes Medan yang bernama ADE EKA SAFITRI dengan judul “Pengaruh Pengetahuan Gizi Seimbang Pada Remaja Putri Dengan Media Tiktok di SMA Swasta Sinar Harapan”.

Saya memahami penelitian ini dimaksudkan untuk kepentingan peneliti dalam menyelesaikan usulan karya tulis ilmiah dan tidak merugikan saya dalam segi apapun dan jawaban yang saya berikan akan dijaga kerahasiannya. Persetujuan ini saya buat secara sukarela dan tidak ada unsur paksaan dari mana pun. Demikian pernyataan ini saya buat untuk dapat digunakan bagaimana semestinya.

Lubuk Pakam , 2025

Responden

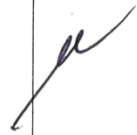
Lampiran 10.

**BUKTI BIMBINGAN KARYA TULIS ILMIAH**  
**Dosen Pembimbing : Dr. Oslida Martony, SKM M.Kes**

Nama : Ade Eka Safitri  
 Nim : P01031122051  
 Judul : Pengaruh Pengetahuan Gizi Seimbang Pada  
 Remaja Putri Dengan Media Tiktok di SMA  
 Swasta Sinar Harapan

| No  | Tanggal          | Judul bimbingan                              | Tanda tangan mahasiswa                                                                | Tanda tangan dosen                                                                    |
|-----|------------------|----------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 14 Oktober 2024  | Pemberian surat bimbingan                    |    |    |
| 2   | 24 Oktober 2024  | Pembahasan tentang jurnal                    |   |   |
| 3.  | 28 Oktober 2024  | Pembahasan meriview jurnal                   |  |  |
| 4   | 30 oktober 2024  | Pembahasan masalah yang terdapat dalam judul |  |  |
| 5   | 5 oktober 2024   | Membahas jurnal terkait judul                |  |  |
| 6   | 10 november 2024 | ACC judul                                    |  |  |
| 7   | 14 november 2024 | Pembahasan survei pendahuluan                |  |  |
| 8   | 5 Desember 2024  | Pemberian hasil bab 1-3                      |  |  |
| 9   | 10 Desember 2024 | Revisi bab 1-3                               |  |  |
| 10. | 11.desember 2024 | Revisi bab 1-3 dan kuesioner                 |  |  |
| 11  | 12 Desember 2024 | Perbaikan bab 1-3 dan diskusi media video    |  |  |

|    |                  |                                                                                                               |                                                                                       |                                                                                       |
|----|------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 12 | 13 Desember 2024 | Usulan penelitian diterima oleh Dosen pembimbing dan penandatanganan pernyataan persetujuan usulan penelitian |    |    |
| 13 | 17 Desember 2025 | Seminar proposal                                                                                              |    |    |
| 14 | 26 April 2025    | Perbaikan revisi setelah proposal                                                                             |    |    |
| 15 | 20 Mei 2025      | Bimbingan dan tanda tangan EC                                                                                 |    |    |
| 15 | 21 Mei 2025      | Tanda tangan jilid sambung                                                                                    |    |    |
| 16 | 22 Mei 2025      | Bimbingan terkait untuk turun penelitian                                                                      |    |    |
| 17 | 30 Mei 2025      | Bimbingan terkait hasil olah data SPSS setelah dilakukan penelitian                                           |   |   |
| 18 | 31 Mei 2025      | Bimbingan keseluruhan isi KTI                                                                                 |  |  |
| 19 | 2 juni 2025      | Bimbingan keseluruhan isi KTI                                                                                 |  |  |
| 20 | 3 juni 2025      | Bimbingan hasil revisi keseluruhan isi KTI                                                                    |  |  |
| 21 | 5 Juni 2025      | Revisi keseluruhan isi                                                                                        |  |  |
| 22 | 6 juni 2025      | Revisi BAB 4                                                                                                  |  |  |
| 23 | 9 juni 2025      | Pembuatan Master Tabel                                                                                        |  |  |
| 24 | 10 juni 2025     | Revisi Master tabel                                                                                           |  |  |

|    |              |         |                                                                                     |                                                                                     |
|----|--------------|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 25 | 13 juni 2025 | ACC KTI |  |  |
|----|--------------|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|

**Lampiran 11.**

**Pernyataan Keaslian KTI**

**PERNYATAAN**

Saya yang bertanda tangan dibawah ini:

Nama : Ade Eka Safitri

Nim : P01031122051

Menyatakan bahwa data penelitian yang terdapat di KTI saya adalah benar saya ambil dan bila tidak saya bersedia mengikuti ujian ulang (ujian utama saya dibatalkan).

Yang membuat pernyataan



( Ade Eka Safitri )

## Lampiran 12. Daftar Riwayat Hidup

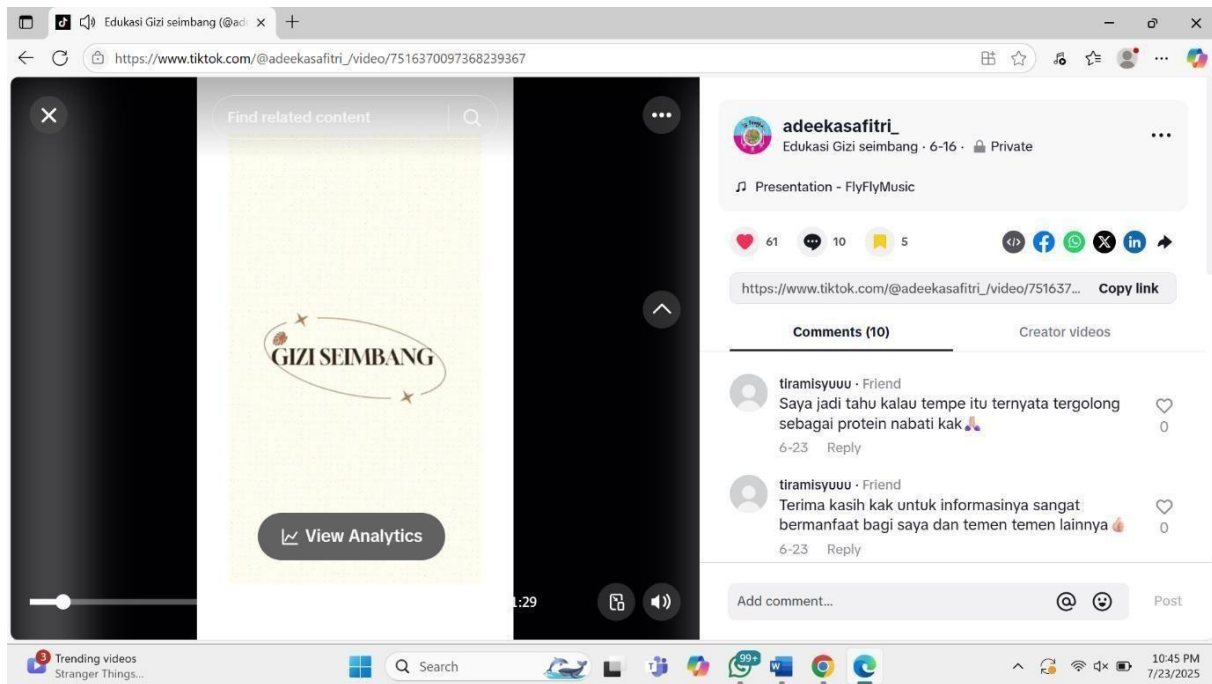
### DAFTAR RIWAYAT HIDUP

Nama : Ade Eka Safitri  
Tempat/tanggal lahir : Padang  
Pulau, 16 November 2003 Jumlah anggota  
keluarga : 5 orang  
Alamat Rumah : Padang pulau dusun 2, Kabupaten Asahan  
No Hp/Telp 081268654621  
Riwayat pendidikan : 1. SD negeri 013831 padang pulau  
2. SMP Negeri 1 Bandar Pulau  
3. SMA negeri 1 Aek songsongan  
Motto : Jika orang lain bisa maka aku akan bisa

## Lampiran 13. Dokumentasi Akun Tiktok

Video edukasi 1

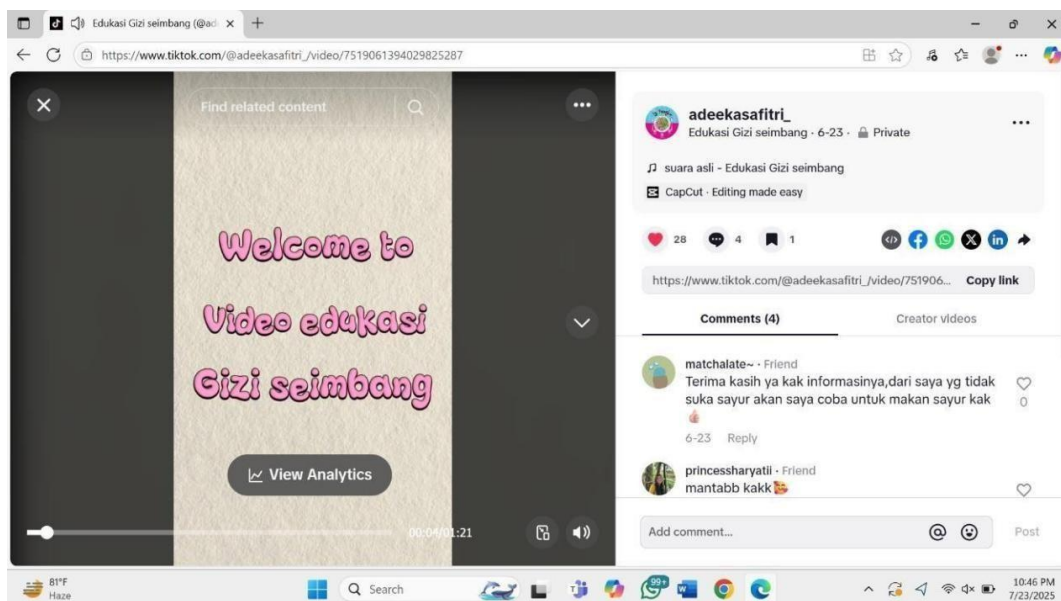
<https://vt.tiktok.com/ZSk3DGrFb/>



Video edukasi 2

[https://www.tiktok.com/@adeekasafitri\\_/video/7516370097368239367](https://www.tiktok.com/@adeekasafitri_/video/7516370097368239367)

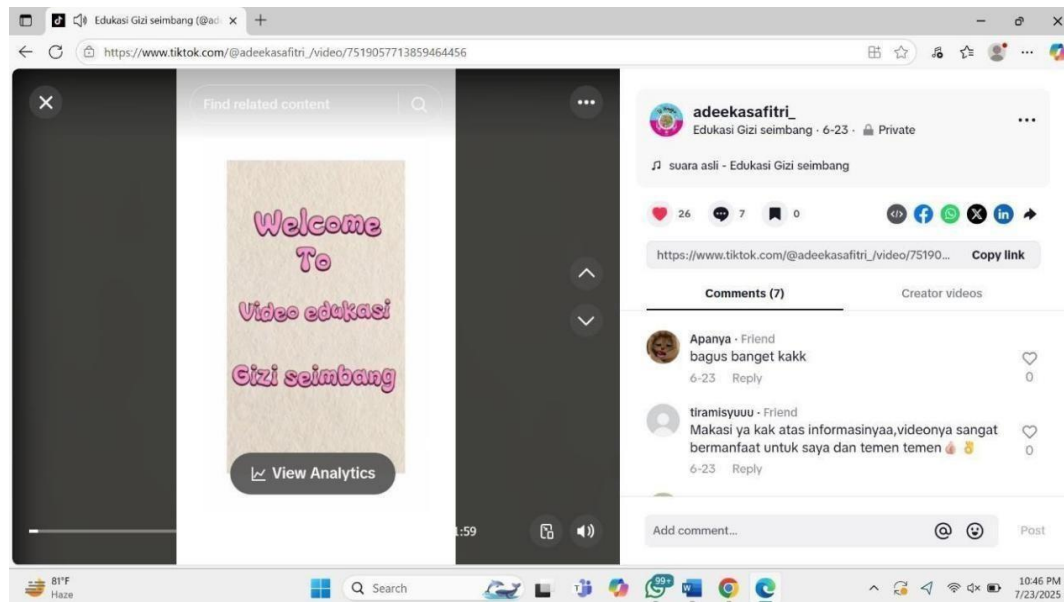
?is\_from\_webapp=1&sender\_device=pc&web\_id=7475923904239994 376





### Video edukasi 3

[https://www.tiktok.com/@adeekasafitri\\_/video/7519057713859464456?is\\_from\\_webapp=1&send\\_er\\_device=pc&web\\_id=7475923904239994376](https://www.tiktok.com/@adeekasafitri_/video/7519057713859464456?is_from_webapp=1&send_er_device=pc&web_id=7475923904239994376)



## Lampiran 14 . Dokumentasi Penelitian

