

Politeknik Kesehatan Kemenkes Bandung
Jurusan Promosi Kesehatan
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Bandung, Juni 2021
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**PENGEMBANGAN MEDIA
NUTSPINBOOK (*NUTRITION SPIRAL NOTEBOOK*) SEBAGAI EDUKASI
GIZI SEIMBANG PENINGKAT IMUNITAS
UPAYA PENCEGAHAN COVID-19
PADA SISWA KELAS X SMAN 1 KLARI
TAHUN 2021**

ABSTRAK

Selama masa pandemi, asupan makanan gizi seimbang pada remaja sangat penting untuk meningkatkan imunitas tubuh dan dapat mencegah *COVID-19*. Pengembangan media sebagai informasi gizi seimbang peningkat diperlukan untuk menambah variasi media di kalangan remaja. Tujuan penelitian adalah untuk: Mengetahui pengembangan media NUTSPINBOOK (*Nutrition Spiral Notebook*) sebagai Edukasi Gizi Seimbang Peningkat Imunitas Upaya Pencegahan *COVID-19* pada Siswa Kelas X SMAN 1 Klari Tahun 2021. Jenis penelitian merupakan pengembangan (*Research and Development*) dengan model 3D. Jumlah sampel 21 siswa menggunakan teknik pengambilan sampel *purposive sampling*. Hasil penelitian didapatkan bahwa kelayakan materi sebesar 94,8% dikategorikan sangat valid, tidak revisi, kelayakan media revisi akhir sebesar 100% dikategorikan sangat valid, tidak revisi dan uji kelompok kecil total skor rata-rata 95,5 dengan persentasi rata-rata total 91% dikategorikan sangat valid, tidak revisi. Rekomendasi: a) Bagi Promotor Kesehatan, media NUTSPINBOOK (*Nutrition Spiral Notebook*) dapat digunakan sebagai media edukasi, b) Bagi institusi, media dapat menjadi referensi media edukasi. c) Bagi Peneliti, dapat dilakukan uji coba kelompok besar, melakukan penelitian mengenai pengaruh dan keefektifan media tersebut. d) Bagi Puskesmas, dapat menggunakan media NUTSPINBOOK (*Nutrition Spiral Notebook*) sebagai edukasi pada masyarakat untuk meningkatkan imunitas, terutama di masa pandemi.

Kata Kunci : *COVID-19*, gizi seimbang, imunitas, NUTSPINBOOK.

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The Development of
NUTSPINBOOK (Nutrition Spiral Notebook) Media as an Education of
Immunity Booster Balanced Nutrition on
COVID-19 Prevention for 10th Grade Students
in Klari Senior High School 2021

ABSTRACT

During the pandemic, balanced nutritional food intake in adolescents is essential to increase immunity and can prevent COVID-19. The development of media as balanced nutrition information enhancer is needed to increase the variety of media among adolescents. The purposes of the research are to: Knowing the development of NUTSPINBOOK (Nutrition Spiral Notebook) Media as an Education of Immunity Booster Balanced Nutrition on COVID-19 Prevention for 10th Grade Students of SMAN 1 Klari in 2021. This type of research is a Research and Development with 3D models. The number of samples is 21 students using purposive sampling techniques. The results found that material feasibility was 94.8% categorized as very valid, not revised, final revision media feasibility was 100% categorized as very valid, not revision and small group test with an average total score of 95.5 with a total average percentage score 91% categorized as very valid, not revised. Recommendations: a) For Health Promoters, NUTSPINBOOK (Nutrition Spiral Notebook) media can be used as an educational medium, b) For institutions, the media can be a reference for educational media. c) For researchers, large group trials can be conducted, conducting research on the influence and effectiveness of the media. d) For Puskesmas, can use nutspinbook media (Nutrition Spiral Notebook) as education in the community to increase immunity, especially during the pandemic.

Keywords: balanced nutrition, COVID-19, immunity, NUTSPINBOOK