# DAFTAR ISI

[KATA PENGANTAR i](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791180)

[DAFTAR ISI ii](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791181)

[DAFTAR TABEL ix](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791182)

[DAFTAR GAMBAR x](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791183)

[DAFTAR LAMPIRAN xi](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791184)

[BAB I 1](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791185)

[PENDAHULUAN 1](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791186)

[1.1 Latar Belakang 1](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791187)

[1.2 Rumusan Masalah 5](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791188)

[1.3 Tujuan Penelitian 5](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791189)

[1.3.1 Tujuan Umum 5](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791190)

[1.3.2 Tujuan Khusus 5](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791191)

[1.4 Ruang Lingkup Penelitian 6](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791192)

[1.5 Manfaat Penelitian 6](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791193)

[1.5.1 Bagi Peneliti 6](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791194)

[1.5.2 Bagi Responden 6](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791195)

[1.5.3 Bagi SMAN 1 Cimahi dan SMAN 3 Cimahi 6](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791196)

[1.5.4 Bagi Poltekkes Kemenkes Jurusan Gizi 7](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791197)

[BAB II 8](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791198)

[TINJAUAN TEORI 8](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791199)

[2.1 Remaja 8](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791200)

[2.1.2 Masalah Gizi pada Remaja 9](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791201)

[2.2 Gizi Seimbang 10](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791202)

[2.2.1 Definisi Gizi Seimbang 10](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791203)

[2.2.2 Sepuluh Pesan Gizi Seimbang 11](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791204)

[2.2.3 Pesan Gizi Seimbang untuk Remaja 14](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791205)

[2.3 Pengetahuan 18](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791206)

[2.3.1 Definisi Pengetahuan 18](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791207)

[2.3.2 Tingkat Pengetahuan 18](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791208)

[2.3.3 Faktor-Faktor yang Mempengaruhi Pengetahuan 19](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791209)

[2.4 Sikap 20](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791210)

[2.4.1 Pengertian Sikap 20](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791211)

[2.4.2 Tingkatan Sikap 20](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791212)

[2.4.3 Faktor yang Mempengaruhi Sikap 21](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791213)

[2.5 Pendidikan 23](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791214)

[2.5.1 Pengertian Pendidikan 23](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791215)

[2.5.2 Metode Pendidikan Gizi 23](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791216)

[2.5.3Alat Praga Media dalam Pendidikan Gizi 23](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791217)

[2.6 Media Leaflet 25](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791218)

[2.6.1 Kelebihan dan kekurangan media leaflet 26](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791219)

[2.7 Media Power Point 26](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791220)

[2.7.1 Kelebihan dan Kekurangan Media Power Point 26](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791221)

[BAB III 28](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791222)

[3.1 Kerangka Teoritis 28](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791224)

[3.1 Kerangka Konsep 29](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791227)

[3.2 Hipotesis 30](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791230)

[3.3 Definisi Operasional 30](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791231)

[3.3.1 Pendidikan Gizi 30](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791232)

[3.3.2 Pengetahuan Gizi 30](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791233)

[3.3.3 Sikap 31](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791234)

[BAB IV 32](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791235)

[METODE PENELITIAN 32](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791236)

[4.1 Desain Penelitian 32](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791237)

[4.2 Waku dan Tempat Penelitian 33](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791240)

[4.3 Populasi dan Sampel Penelitian 33](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791241)

[4.3.1 Populasi Penelitian 33](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791242)

[4.3.2 Sampel Penelitian 33](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791243)

[4.4 Jenis dan Cara Pengumpulan Data 35](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791244)

[4.4.1 Jenis Data 35](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791245)

[4.4.2 Pengumpulan Data 35](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791246)

[4.5 Pengolahan Data 37](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791247)

[4.5.1 Pengolahan Data 37](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791248)

[4.5.2 Analisis Data 37](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791249)

[BAB V 39](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791250)

[HASIL PENELITIAN 39](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791251)

[5.1 Analisis Univariat 39](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791252)

[5.1.1 Karakteristik Sampel 39](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791253)

[5.1.2 Pengetahuan 39](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791254)

[5.1.3 Sikap 41](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791255)

[5.2 Analisis Bivariat 43](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791256)

[5.2.1 Uji Normalitas Data 43](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791257)

[5.2.2 Perubahan Pengetahuan Pre-Post Test Mengenai Gizi Seimbang pada Kelompok *Leaflet* dan *Power Point* 45](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791258)

[5.2.3 Perubahan Sikap Pre-Post Test Mengenai Gizi Seimbang pada kelompok *Leaflet* dan *Power Point* 46](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791259)

[5.2.4 Perubahan Peningkatan Pengetahuan Antara Kelompok *Leaflet* dan *Power Point* 47](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791260)

[5.2.5 Perubahan Peningkatan Sikap Antara Kelompok *Leaflet* dan Kelompok *Power Point* 47](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791261)

[HASIL VI 49](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791262)

[PEMBAHASAN 49](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791263)

[6.1 Keterbatasan Penelitian 49](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791264)

[6.2 Analisis Univariat 49](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791265)

[6.2.1 Karakteristik Responden Penelitian Berdasarkan Umur 49](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791266)

[6.2.2 Skor Pengetahuan Tentang Gizi Seimbang pada Remaja 50](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791267)

[6.2.3 Skor Sikap Tentang Gizi Seimbang pada Remaja 51](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791268)

[6.3 Analisis Bivariat 51](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791269)

[6.3.1 Pengaruh Pendidikan Gizi Terhadap Perubahan Pengetahuan pada Remaja 51](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791270)

[6.3.2 Pengaruh Pendidikan Gizi Terhadap Perubahan Sikap pada Remaja 53](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791271)

[6.3.3 Perbedaan Nilai Rata-rata pengetahuan Dan Sikap Gizi Seimbang Berdasarkan Kelompok 54](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791272)

[BAB VII 57](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791273)

[SIMPULAN DAN SARAN 57](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791274)

[7.1 Simpulan 57](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791275)

[7.2 Saran 58](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791276)

[DAFTAR PUSTAKA 59](file:///C%3A%5CUsers%5C7%20Ultimate%5CDocuments%5CSST%20AJENG_P17331112405_ArisantiWulandari_Skripsi.docx#_Toc70791277)