

Perbandingan pengaruh intervensi dengan rancangan theory-based nutrition education terhadap perilaku penurunan asupan kalori dan mediatornya pada pegawai negeri sipil kantor dinas kesehatan kota di provinsi Jawa Barat tahun 2016 = The comparison of effects in intervention with contrivance of theory based nutrition education towards the calorie reduction intake and mediators among health department government staff in West Java 2016

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Abstrak

**ABSTRAK**

Studi ini dilakukan untuk mengetahui pengaruh workshop gizi dengan rancangan Theory-Based Nutrition Education dari Contento, dalam meningkatkan mediator perilaku dan menurunkan asupan kalori. Setelah protokol dilakukan, mediator perilaku yang berhasil diidentifikasi adalah pengetahuan, sikap, self efficacy dan niat, sedangkan teori yang digunakan merupakan modifikasi dari Polytheoretical Model, Personal Food System, dan Theory of Planned Behaviour. Metode quasi-eksperimental dilakukan selama 1 bulan pada 48 responden dewasa (25-54 tahun) dengan status gizi lebih (IMT  $\geq$  23 kg/m<sup>2</sup>) yang bekerja sebagai PNS Dinas Kesehatan di 2 kantor yang telah dibagi menjadi 2 kelompok yaitu perlakuan dan kontrol. Hasil menunjukkan adanya peningkatan mediator yang bermakna ( $p=0.0005$ ) serta perubahan perilaku yang signifikan ( $p=0.003$ ) setelah intervensi. Perbandingan antar 2 kelompok menunjukkan kebermaknaan peningkatan mediator ( $p=0.002$ ) namun tidak pada perilaku. Secara garis besar, kelompok perlakuan mempunyai pencapaian indikator keberhasilan yang lebih tinggi daripada kelompok kontrol

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This study was administered to elaborate the effects of nutritional workshop with Contento's Theory-Based Nutrition Education in improving the mediators and reducing calorie intake. After the stepwise protocol was undertaken, several mediators had been identified as knowledge, self-efficacy, attitude and intention. Moreover, the adapted theories were Polytheoretical Model, Personal Food System, and Theory of Planned Behaviour. A quasy-experimental for 1 month in 48 adult, overweight respondents (25-54 yo, BMI  $\geq$  23 kg/m<sup>2</sup>) which government staff as occupation in two different workplace, divided into two groups, named as intervention and control groups. The result reveals that both mediators ( $p=0.0005$ ) and behaviour ( $p=0.003$ ) has significant improvement. The differ between two groups also demonstrate significant results in mediators ( $p=0.002$ ) but not in behaviour. Nevertheless, the intervention group had attained better accomplishment than control group