

## ABSTRACT

Coronavirus Disease-2019 (COVID-19) has been declared a global pandemic by WHO. Madiun is one of the cities in East Java that is affected by COVID-19. Various attempts have been made to prevent and overcome this outbreak. One of the prevention efforts is through the nutrition aspect related to COVID-19. Nutrition education is one way to increase public knowledge about nutrition. Therefore, the aim of this study was to analyze the effect of nutrition education on nutritional knowledge related to COVID-19 in the community in Winongo, Madiun.

This research was a pre-experimental research with pre-post test one group design. The research samples were 23 people who were taken using purposive sampling technique. Data were collected by pre-test and post test offline within a span of 2 weeks. Nutrition education was given 2 times, namely shortly after the pre-test directly and briefly, and 1 week after the online pre-test using a poster. Data analysis was performed using the Wilcoxon test.

The results showed that most of the respondents had good knowledge after giving nutrition education (52.2%). Overall, there were an effect of nutrition education on nutritional knowledge related to COVID-19 ( $p = 0.000$ ). Nutrition education can affect respondent's knowledge about balanced nutrition ( $p = 0.046$ ), nutritional immunity ( $p = 0.000$ ), nutrients that can increase immunity ( $p = 0.001$ ), the benefits of physical activity ( $p = 0.006$ ), and proper food processing ( $p = 0.000$ ). However, there were no effect on knowledge regarding the prevention of possible transmission of COVID-19 through food ( $p = 0.180$ ).

The conclusion of this study is that there is an effect of providing nutrition education on nutritional knowledge related to COVID-19 in the community in Winongo, Madiun. Respondents are expected to be able to apply nutritional knowledge related to COVID-19 during a pandemic so that it will also have an impact on attitudes and behavior. In addition, it is necessary to develop educational methods and materials for further research.

Keywords: COVID-19, nutrition education, nutrition knowledge

**ABSTRAK**

*Coronavirus Disease-2019* (COVID-19) telah ditetapkan sebagai pandemi global oleh WHO. Kota Madiun merupakan salah satu kota di Jawa Timur yang terdampak COVID-19. Berbagai upaya telah dilakukan untuk mencegah dan menanggulangi wabah ini. Salah satu upaya pencegahannya adalah melalui aspek gizi terkait COVID-19. Edukasi gizi merupakan salah satu cara untuk meningkatkan pengetahuan masyarakat mengenai gizi. Oleh karena itu, tujuan dari penelitian ini adalah menganalisis pengaruh edukasi gizi terhadap pengetahuan gizi terkait COVID-19 pada masyarakat di Kelurahan Winongo Kota Madiun.

Penelitian ini merupakan penelitian pre-eksperimental dengan desain penelitian *pre-post test one group design*. Sampel penelitian sebesar 23 orang yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan *pre-test* dan *post test* secara *offline* dalam rentang waktu 2 minggu. Edukasi gizi diberikan sebanyak 2 kali, yaitu sesaat setelah *pre-test* secara langsung dan singkat, serta 1 minggu setelah *pre-test* secara *online* menggunakan media poster. Analisis data dilakukan dengan uji Wilcoxon.

Hasil penelitian menunjukkan sebagian besar responden memiliki pengetahuan baik setelah pemberian edukasi gizi (52,2%). Secara keseluruhan, terdapat pengaruh edukasi gizi terhadap pengetahuan gizi terkait COVID-19 ( $p=0,000$ ). Edukasi gizi dapat mempengaruhi pengetahuan responden mengenai gizi seimbang ( $p=0,046$ ), gizi imunitas ( $p=0,000$ ), zat gizi yang dapat meningkatkan imun ( $p=0,001$ ), manfaat aktivitas fisik ( $p=0,006$ ), serta pengolahan makanan yang benar ( $p=0,000$ ). Namun, tidak ada pengaruh terhadap pengetahuan mengenai pencegahan kemungkinan penularan COVID-19 melalui makanan ( $p=0,180$ ).

Kesimpulan dari penelitian ini adalah terdapat pengaruh pemberian edukasi gizi terhadap pengetahuan gizi terkait COVID-19 pada masyarakat di Kelurahan Winongo Kota Madiun. Responden diharapkan dapat menerapkan pengetahuan gizi terkait COVID-19 saat pandemi sehingga berdampak pula pada sikap dan perilaku. Selain itu, perlu adanya pengembangan metode dan materi edukasi untuk penelitian selanjutnya.

Kata kunci: COVID-19, edukasi gizi, pengetahuan gizi