THE EFFECT OF EDUCATION THROUGH GOOGLE MEET MEDIA ON KNOWLEDGE AND ATTITUDE ABOUT BALANCED DIET IN YOUTH DURING COVID-19 PANDEMIC IN MEDAN, NORTH SUMATERA

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ABSTRACT

Background: In the era of technology 4.0, the rapid and instantaneous development of information media affects people's lifestyles and consumption patterns. This study aims to analyze the effect of online-based health education media on knowledge and attitudes about balanced diet in youth during the COVID-19 pandemic in Medan.

Subjects and Method: This was a quasi-experiment study with pretest-posttest control group design. This study was located in MAN 1 Medan and MAN 2 Model Medan, from March to September 2020. A total sample of 40 students was selected by simple random sampling. Furthermore, the sample was given treatment, namely providing health education through Google Meet media to see differences in student knowledge and attitudes before and after being given health education. The data were analyzed by paired t-test.

Result: Mean of the adolescent knowledge after given education of balanced diet through Google Meet (Mean = 42.05; SD = 2.43) was higher than before education (Mean = 38.90; SD = 3.024), it was statistically significant (p < 0.05). Mean of the attitude of adolescents after given education of balanced diet through Google Meet (Mean = 49.60; SD = 3.32) was higher than before given education (Mean = 45.50; SD = 3.10), it was statistically significant (p < 0.05).

Conclusion: It is hoped that the Medan City Health Office can design a prevention strategy for the problems caused by not knowing and implementing balanced nutrition during the COVID-19 pandemic by increasing a healthy lifestyle by using Google Meet media, which is packaged attractively to the public, especially teenagers in Medan City.

Keywords: health education media, google meet, balanced diet in youth, covid-19

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