

**Tipe Koleksi: UHAMKA - Skripsi FIKES**

Stunting or called "short" is a condition of failure to thrive in children under five due to chronic malnutrition, especially in the first 1000 days of life so that children are too short for their age. Factors causing stunting which are also part of a specific program to prevent stunting in the First 1000 Days of Life. The purpose of this study was to determine the effect of nutrition education with podcasts and flipchart media on the improvement and knowledge of women aged 15-35 years in Tambakbaya Village. This study uses a true experimental design with a sampling technique using non-probability sampling. The data used is primary data with data collection using a knowledge and attitude questionnaire. Data analysis used Wilcoxon test and Mann Whitney test. The population in this study were women of childbearing age in Tambakbaya Village with a sample of 106 respondents. The study was conducted on 106 women aged 15-35 years using a questionnaire before and after the intervention with a sample of 53 respondents in the flipchart group and 53 respondents in the podcast group. The results showed that there was a significant difference in the pre-test to post-test scores between the flipchart and podcast groups. This means that there is an effect using flipchart and podcast media on the value of the knowledge gained. As for the difference in attitudes, there is a significant difference in the value of pre-test to post-test between the flipchart and podcast groups. It means that there is an effect of using flipchart and podcast media on the attitude value obtained. Analysis of the difference in the impact of education on knowledge before and after the intervention in the two groups was obtained based on the results of the difference between the pre-test and post-test, it can be concluded that there is a significant difference with a higher average ranking using flipchart media than podcast media. It means that it can be concluded that education using flipchart media can increase the knowledge of women aged 15-35 years in Tambakbaya Village tend to be better than podcast media. While the analysis of the difference in the impact of education on attitudes before and after the intervention in the two groups was obtained based on the results of the difference between the pre-test and post-test there was no significant difference because in the flipchart group and the podcast group the average rankings were not that much different but were greater using podcast media 54.68 compared to 54.31 flipchart media. It means that it can be concluded that education using podcast media can improve the attitudes of women

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Dismenore adalah nyeri saat menstruasi dan terletak pada bagian bawah perut. Dismenore primer dapat dipengaruhi oleh beberapa risiko, seperti status gizi, faktor hormon, faktor alergi, aktivitas fisik, faktor kejiwaan (stress) dan lain-lain. Tujuan utama penelitian ini adalah untuk melihat hubungan antara status gizi, aktivitas fisik dan tingkat stress dengan kejadian dismenore primer pada SMAN 5 Depok tahun 2020. Penelitian ini menggunakan desain penelitian kuantitatif dan menggunakan rancangan Cross Sectional Study di SMAN 5 Depok dengan sampel penelitian sebanyak 84 responden. Data primer yang meliputi identitas responden, kejadian dismenore primer (WaLLID score), status gizi (IMT/U), aktivitas fisik (PAL) dan tingkat stress (DASS 42). Analisis menggunakan metode uji chi-square. Dari penelitian ini, dapat dilihat bahwa sebagian besar siswi SMAN 5 Depok sebanyak 81% mengalami dismenore primer, 83,3% memiliki status gizi normal, 83,3% memiliki aktivitas fisik ringan dan 21,4% memiliki tingkat stress sedang. Hasil uji statistik menunjukkan bahwa adanya hubungan yang signifikan antara tingkat stress dengan dismenore primer dengan p-value 0,001. Tidak ada hubungan yang signifikan antara status gizi dan aktivitas fisik dengan kejadian dismenore primer dengan p-value 0,804 dan 0,196. Kesimpulan penelitian ini adalah ada hubungan yang signifikan antara tingkat stress dengan dismenore primer dan tidak ada hubungan yang signifikan antara status gizi dan aktivitas fisik dengan dismenore primer.