

GAPAI REMAJA SEHATI: Gerakan Anti Pernikahan Dini untuk Remaja Sehat dan Bergizi

(GAPAI REMAJA SEHATI: An Anti–Early Marriage Movement for Advancing Adolescent Health and Balanced Nutrition)

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ABSTRAK

Pernikahan dini, rendahnya literasi kesehatan reproduksi, serta ketidakseimbangan pengetahuan remaja mengenai gizi seimbang masih menjadi tantangan utama di Kabupaten Pandeglang. Kondisi ini berdampak pada kerentanan remaja terhadap risiko kesehatan dan rendahnya kesiapan menjalani fase kehidupan berikutnya. Kegiatan pengabdian ini bertujuan meningkatkan pengetahuan, keterampilan, dan keterlibatan remaja serta guru dalam upaya pencegahan pernikahan dini melalui program edukasi terstruktur yang juga menekankan pentingnya pemahaman gizi seimbang sebagai fondasi kesehatan remaja. Metode yang digunakan meliputi identifikasi kebutuhan mitra, pelatihan Training of Trainers bagi guru, penyampaian materi edukasi berbasis modul visual Gen-Z, pendampingan fasilitator, serta evaluasi melalui pre-test dan post-test. Program dilaksanakan di dua sekolah dan mencakup pelatihan empat tema utama, pengukuran status gizi, serta pembentukan kader remaja. Hasil menunjukkan peningkatan pengetahuan signifikan, dengan kenaikan nilai rata-rata dari 76,2 menjadi 83,0 di SMAN 1 Pandeglang dan dari 65,1 menjadi 73,5 di SMKS Nasyrul Ulum. Materi Kekerasan Seksual serta Gizi Seimbang–Body Image menunjukkan peningkatan tertinggi. Guru juga menunjukkan kemampuan lebih baik dalam menyampaikan materi secara mandiri. Secara keseluruhan, program ini efektif meningkatkan pemahaman remaja tentang kesehatan reproduksi, gizi seimbang, dan pencegahan pernikahan dini, sekaligus memperkuat kapasitas sekolah dalam melanjutkan edukasi kesehatan secara berkelanjutan.

Kata kunci: edukasi gizi, gizi seimbang, kesehatan remaja, kesehatan reproduksi, pencegahan pernikahan dini

ABSTRACT

Early marriage, limited reproductive health literacy, and insufficient adolescent understanding of balanced nutrition remain key challenges in Pandeglang Regency. These issues heighten adolescents' vulnerability to health risks and reduce their readiness for future life stages. This community engagement program aimed to enhance adolescents' and teachers' knowledge, skills, and involvement in preventing early marriage through a structured educational intervention that also emphasized the importance of balanced nutrition as a foundation for adolescent well-being. The methods included needs assessment, Training of Trainers for teachers, delivery of learning modules using Gen-Z visual media, facilitation support, and evaluation through pre- and post-tests. The program was implemented in two schools and covered four thematic training modules, nutritional status assessment, and the development of student peer educators. Results indicated significant improvement in knowledge, with mean scores increasing from 76.2 to 83.0 at SMAN 1 Pandeglang and from 65.1 to 73.5 at SMKS Nasyrul Ulum. The greatest gains were observed in the topics of Sexual Violence Prevention and Balanced Nutrition–Body Image. Teachers also demonstrated stronger capacity to independently deliver the materials. Overall, the program effectively improved adolescents' understanding of reproductive health, balanced nutrition, and early marriage prevention while strengthening school capacity for sustainable health education.

Keywords: adolescent health, balanced nutrition, early marriage prevention, nutrition education, reproductive health