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*"The Role of Civitas Academica through Research and Community Engagement Results in the Enhancement of Multidisciplinary Collaboration on Global Health Sciences"*

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**The 1st International Allied Health Student Conference  
(IAHSC) 2021**

**“The Role of Civitas Academica through Research and  
Community Engagement Results in the Enhancement of  
Multi-disciplinary Collaboration on Global Health  
Science”**



**Indonesia, September 14-15 2021**

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## PROCEEDINGS

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**The 1st International Allied Health Student Conference (IAHSC) 2021**  
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## THE PROMISING BENEFITS OF NUTRIQUIZ VIA INSTAGRAM TO IMPROVE NUTRITION KNOWLEDGE AMONG INDOONESIAN TEENAGERS

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### Abstract

Teenagers play an important role as the key to the nation's golden generation but also vulnerable due to the low knowledge of balanced nutrition. Instagram was the most popular social media for teenager in Indonesia that had potential for nutrition education. This study aims to determine the effect of nutrition education intervention through Nutrition Quiz (Nutriquiz) via Instagram among teenagers aged 15-20 years old. Nutriquiz consisted of 2 stages and each stage consisted of pre- and post- quiz. The pre-test questions were given before the nutrition infographs content material was uploaded to Instagram while the post-test questions were given after. There were 69 participants who successfully participated in Nutriquiz. The results of the Paired Sample T-Test difference test showed that there was a significant difference with  $p < 0.05$  between the participants' scores at the time of pre- and post-quiz. The number of participants in the low category score decreased while in the good category increased. Both the average score of participants in the low and good category increased from pre- to post-quiz respectively by 46.4 to 50.2 and 83.8 to 89.1. Nutriquiz through Instagram had promising benefits for teenagers by increased the curiosity in collecting information that generated the learning process.

Keywords: Education, Instagram, Nutrition, Online, Teenager, Quiz

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- Etc.