

HUBUNGAN KARAKTERISTIK SOSIODEMOGRAFI DENGAN PREFERENSI SUMBER, MEDIA, DAN KONTEN EDUKASI GIZI BAGI PASIEN POLYCYSTIC OVARY SYNDROME DI YOGYAKARTA

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ABSTRAK

Latar belakang: Polycystic Ovary Syndrome (PCOS) merupakan gangguan hormonal yang sering dialami wanita usia reproduktif dan berkaitan dengan obesitas dan gangguan metabolisme. Salah satu pilar penanganan PCOS adalah edukasi gizi, yang efektif bila disajikan sesuai kebutuhan dan preferensi individu. Karakteristik sosiodemografi mengambil peran dalam mempengaruhi individu memilih edukasi.

Tujuan: Mengidentifikasi hubungan karakteristik sosiodemografi dengan preferensi sumber, media, dan konten edukasi gizi pasien PCOS di Yogyakarta.

Metode: Penelitian ini menggunakan desain kuantitatif *cross-sectional* dengan 30 orang responden pasien PCOS di Klinik IVF RSKIA Sadewa dan Komunitas PCOS Fighter Indonesia wilayah Yogyakarta yang dipilih secara *convenience sampling*. Data dikumpulkan menggunakan kuesioner sosiodemografi dan preferensi edukasi gizi. Hipotesis diujikan menggunakan uji korelasi *Spearman Rank*, *Chi-Square*, dan *Fisher's Exact Test*.

Hasil: Sebagian besar responden berusia 26-35 tahun (66,7%) dan berpendidikan tinggi (80%). Sumber edukasi gizi yang paling diminati adalah tenaga kesehatan, tetapi ditemukan hubungan negatif signifikan antara usia terhadap preferensi sumber tenaga kesehatan ($p = 0,019$) dengan kekuatan sedang ($r = -0,426$). Media edukasi yang paling diminati adalah tatap muka langsung dan video. Ditemukan hubungan signifikan antara usia dengan preferensi media edukasi gambar/tulisan daring Facebook, X/Twitter, dan video Youtube ($p < 0,05$). Responden menyukai konten edukasi dengan topik program penurunan berat badan, diet, dan olahraga, tetapi tidak ada hubungan signifikan antara sosiodemografi dengan preferensi konten edukasi gizi ($p \geq 0,05$).

Kesimpulan: Terdapat hubungan antara karakteristik sosiodemografi terhadap preferensi sumber dan media edukasi gizi, tetapi tidak terdapat hubungan antara karakteristik sosiodemografi dengan preferensi konten edukasi gizi pasien PCOS di Yogyakarta.

Kata kunci: karakteristik sosiodemografi; preferensi sumber edukasi gizi; media edukasi gizi; konten edukasi gizi; PCOS

THE RELATIONSHIP BETWEEN SOCIODEMOGRAPHIC CHARACTERISTICS AND PREFERENCES FOR SOURCES, MEDIA, AND CONTENT OF NUTRITION EDUCATION AMONG PATIENTS WITH POLYCYSTIC OVARY SYNDROME IN YOGYAKARTA

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ABSTRACT

Background: Polycystic Ovary Syndrome (PCOS) is a hormonal disorder commonly experienced by women of reproductive age and is associated with obesity and metabolic disorders. One of the main pillars in managing PCOS is nutrition education, which is effective when delivered according to individual needs and preferences. Sociodemographic characteristics play a role in influencing individual choices in receiving education.

Objective: To identify the relationship between sociodemographic characteristics and preferences for sources, media, and content of nutrition education among PCOS patients in Yogyakarta.

Method: This study used a quantitative cross-sectional design involving 30 PCOS patients recruited through convenience sampling from the IVF Clinic at RSKIA Sadewa and the PCOS Fighter Indonesia Community in the Yogyakarta area. Data were collected using sociodemographic and nutrition education preference questionnaires. Hypothesis testing was performed using Spearman's Rank correlation, Chi-Square test, and Fisher's Exact test.

Results: Most respondents were aged 26–35 years (66,7%) and had a high level of education (80%). Healthcare professionals were the most preferred source of nutrition education; however, a significant negative relationship was found between age and preference for healthcare professional sources ($p = 0,019$) with a moderate correlation strength ($r = -0,426$). The most preferred media for nutrition education were face-to-face sessions and videos. A significant relationship was found between age and preference for online image/text-based education through Facebook, X/Twitter, and videos through YouTube ($p < 0,05$). Respondents favored educational content on weight loss programs, diet, and exercise, but no significant relationship was found between sociodemographic characteristics and preferences for nutrition education content ($p \geq 005$).

Conclusion: There is a relationship between sociodemographic characteristics and preferences for sources and media of nutrition education; however, no significant relationship was found between sociodemographic characteristics and preferences for nutrition education content among PCOS patients in Yogyakarta.

Keywords: sociodemographic characteristics; nutrition education source preferences; nutrition education media; nutrition education content; PCOS