

## ABSTRAK

**Latar Belakang:** *Sustainable diet* merupakan prinsip pola makan yang memperhatikan aspek kesehatan, lingkungan, hingga budaya. Penelitian sebelumnya menunjukkan bahwa pengetahuan dan perilaku *sustainable diet* di Indonesia masih rendah.

**Tujuan:** Mengetahui pengaruh edukasi dengan model *participatory learning and action* (PLA) terhadap pengetahuan, sikap, dan perilaku *sustainable diet* pada wanita.

**Metode:** Penelitian ini menggunakan desain kuasi-eksperimental *pre-* dan *post-test* dengan kelompok kontrol. Kelompok intervensi yang mendapat edukasi *sustainable diet* model PLA dan kelompok kontrol mengisi kuesioner sosiodemografis dan kuesioner *sustainable diet* sebelum dan 1 bulan setelah intervensi. Perhitungan *difference-in-difference* (DiD) dilakukan dengan tingkat kepercayaan 95% untuk mengidentifikasi efektivitas intervensi. Penelitian ini telah mendapatkan izin etik dengan nomor KE/FK/0395/EC/2025.

**Hasil:** Subjek penelitian (n=83) adalah wanita berusia 23-71 tahun, dengan mayoritas berpendidikan menengah ke atas. Tidak terdapat perbedaan skor pengetahuan ( $9,56 \pm 5,43$  vs  $8,31 \pm 4,40$ ,  $p=0,62$ ), sikap ( $56,49 \pm 6,21$  vs  $56,48 \pm 5,71$ ,  $p=0,96$ ), dan perilaku ( $36,39 \pm 7,15$  vs  $38,90 \pm 9,71$ ,  $p=0,17$ ) di awal penelitian antara kelompok intervensi (n=42) dan kelompok kontrol (n=41). Perubahan pengetahuan (*adjusted-DiD*=12,2; 95% CI: 9,94-14,46), sikap (*adjusted-DiD*=5,58; 95% CI: 2,89-8,27), dan perilaku (*adjusted-DiD*=4,16; 95% CI: 0,36-7,96) ditemukan lebih tinggi pada kelompok intervensi dibandingkan kontrol. Perubahan perilaku ditemukan lebih kuat pada kelompok wanita yang tidak bekerja, tidak memiliki riwayat penyakit dalam keluarga, dan anggota kelompok wanita tani.

**Kesimpulan:** Model edukasi PLA dalam komunitas memiliki potensi dalam mendorong praktik *sustainable diet*. Penelitian lanjutan disarankan untuk mengevaluasi retensi perubahan jangka panjang dan melakukan intervensi pada kelompok populasi lain. Dukungan kebijakan dan integrasi edukasi *sustainable diet* ke dalam program nasional yang sudah ada dapat memperkuat dampaknya di tingkat komunitas.

**Kata kunci:** edukasi, *sustainable diet*, *participatory learning and action*, perilaku, wanita.

## ABSTRACT

**Background:** A sustainable diet is a dietary approach that integrates health, environmental, and cultural considerations. In Indonesia, knowledge and practice of sustainable diet remain limited.

**Objective:** To examine the effect of education using the Participatory Learning and Action (PLA) model on women's knowledge, attitudes, and practices (KAP) regarding sustainable diets.

**Methods:** A quasi-experimental pre- and post-test design with a control group was employed. Women in the intervention group received sustainable diet education using the PLA model, while the control group received no intervention. Both groups completed sociodemographic and sustainable diet questionnaires before and one month after the intervention. A difference-in-difference (DiD) analysis was performed at a 95% confidence level to assess the effectiveness of the intervention. Ethical approval was obtained (Ref: KE/FK/0395/EC/2025).

**Results:** A total of 83 women, aged 23–71 years, participated, most of whom had at least a secondary education. At baseline, there were no significant differences between the intervention (n=42) and control (n=41) groups in knowledge ( $9.56 \pm 5.43$  vs.  $8.31 \pm 4.40$ ,  $p=0.62$ ), attitudes ( $56.49 \pm 6.21$  vs.  $56.48 \pm 5.71$ ,  $p=0.96$ ), or practices ( $36.39 \pm 7.15$  vs.  $38.90 \pm 9.71$ ,  $p=0.17$ ). Post-intervention, the intervention group showed greater improvements in knowledge (adjusted DiD = 12.2; 95% CI: 9.94–14.46), attitudes (adjusted DiD = 5.58; 95% CI: 2.89–8.27), and behaviors (adjusted DiD = 4.16; 95% CI: 0.36–7.96) compared to the control group.

**Conclusion:** The PLA-based education model effectively improved women's KAP on sustainable diets. This approach shows potential for community-level application and should be tested in diverse populations with long-term follow-up. Policy integration into national food and nutrition programs is recommended to support broader adoption.

**Keywords:** education, sustainable diet, participatory learning and action, behavior, women.