ABSTRAK

JHOLLYWIN LUMBANTOBING. NIM 6211210003. "Pengaruh *Mobile* Mading Tentang Aktifitas Fisik Terhadap Pengetahuan Pencegahan *Osteoporosis* Pada Siswa SMA Kelas 3 Kecamatan Siborongborong KAB. TAPANULI UTARA". (Pembimbing: Zulaini, S.K.M., M.Kes., AIFO).
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Osteoporosis merupakan penyakit degeneratif yang dapat dicegah sejak usia remaja melalui edukasi tentang pentingnya aktifitas fisik dan pola hidup sehat. Penelitian ini bertujuan untuk mengetahui pengaruh *mobile* mading terhadap peningkatan pengetahuan siswa mengenai pencegahan *osteoporosis*. Metode yang digunakan adalah *pre-eksperimen* dengan desain *one group pretest-posttest*. Sampel berjumlah 91 siswa kelas 3 dari tiga SMA di Kecamatan Siborongborong, Kabupaten Tapanuli Utara, yang dipilih menggunakan teknik *proportional random sampling*. Instrumen yang digunakan adalah kuesioner pengetahuan dengan skala Guttman. Data dianalisis menggunakan uji *Wilcoxon* karena data tidak berdistribusi normal berdasarkan hasil uji *Kolmogorov-Smirnov*. Hasil penelitian menunjukkan adanya peningkatan signifikan pada skor pengetahuan siswa setelah diberikan intervensi mobile mading, dengan nilai rata-rata *pretest* 10,77 dan posttest 20,14 ($p < 0,05$). Dengan demikian, *mobile* mading terbukti efektif sebagai media edukasi dalam meningkatkan pengetahuan siswa tentang pencegahan *osteoporosis*. Media ini dapat digunakan sebagai strategi edukasi yang menarik dan interaktif di lingkungan sekolah.

Kata kunci: Mobile Mading, *Osteoporosis*, Aktifitas Fisik, Pengetahuan, Remaja

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ABSTRACT

JHOLLYWIN LUMBANTOBING. NIM 6211210003. "The Influence of Mobile Mading About Physical Activity on Osteoporosis Prevention Knowledge in Grade 3 High School Students in Siborongborong District, TAPANULI UTARA Regency". (Pembimbing: Zulaini, S.K.M., M.Kes., AIFO).
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Osteoporosis is a degenerative disease that can be prevented early through education on physical activity and healthy lifestyles, especially among adolescents. This study aims to determine the effect of using mobile bulletin boards (mobile mading) as an educational medium on students' knowledge about osteoporosis prevention. The research employed a pre-experimental method with a one-group pretest-posttest design. A total of 91 twelfth-grade students from three senior high schools in Siborongborong District, North Tapanuli Regency, were selected using proportional random sampling. Data were collected using a knowledge questionnaire based on the Guttman scale and analyzed using the Wilcoxon Signed-Rank Test, as the data were not normally distributed based on the Kolmogorov-Smirnov test. The findings showed a significant improvement in students' knowledge after the intervention, with the average pretest score increasing from 10.77 to 20.14 in the posttest ($p < 0.05$). These results indicate that mobile mading is an effective and engaging educational tool for enhancing students' knowledge on osteoporosis prevention through physical activity. This strategy is recommended for use in health promotion programs in schools to foster awareness of bone health from an early age.

Keywords: Mobile Mading, *Osteoporosis,* Physical Activity, Knowledge, Adolescents

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