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## Counseling on The Benefits of Eating Vegetables for The Health of The Body

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### ABSTRACT

This study purpose was conducted to socialize about the benefits, types, and content of vitamins contained in vegetables that are commonly consumed by youth organizations /Karang Taruna members. Learning is done using PowerPoint media and its exposure is assisted by Zoom Meeting media and Whatsapp groups. And in this study, we spread 20 questions of pretest questionnaires before socialization and 20 post-test questions after socialization. The target of this study is a member of the organization Bulog Complex, Bekasi, Indonesia which consists of as many as 20 people. The results of the study conducted by the authors showed that members of the organization are interested in gaining deeper knowledge about vegetables, and want to be more routine to eat vegetables after getting socialization. This study concludes that most members of the Youth organization are interested in knowing more about vegetables and their benefits.

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## 1. INTRODUCTION

Vegetables are one of the foods that are important for the human body, as well as fruits, carbohydrates, and protein. Vegetables are part of plants such as leaves, stems, flower buds, stems, roots, sweet potatoes, and fruit. Vegetables are sources of food that contain vitamins and minerals that function to maintain the physiological functions of the body as explained by [Fatimah et al. \(2020\)](#).

Eating vegetables is a highly recommended lifestyle. Adolescence is a good time to build a body and instill a healthy diet following the guidelines of a balanced diet. If the diet in adolescence is not healthy, it will affect health in the future. Therefore, getting used to a healthy diet in adolescence is very important to do as an effort to prevent the development of health problems in adulthood and old age ([Ayesha et al., 2020](#)).

Several studies discuss the benefits of vegetables for the health of the body. [Fatimah et al. \(2020\)](#) on "Consumption of Fruits, Vegetables, and Fish Based on Socio-Demographic Coastal Communities of North Sumatra Province" which discusses the benefits of vegetables and fruits and their content, but the shortcomings in the article not only discusses vegetables in detail but also discusses fish. And research by [Putri et al. \(2017\)](#) entitled "The Role of Education in Improving the Knowledge of Children about the Importance of Vegetables" explaining about the importance of eating vegetables for the health of the body of the child, but the shortcomings are not explained in the content, as well as the impact if you do not consume vegetables often. Research by [Widani \(2019\)](#), entitled "Counseling the Importance of Fruit and Vegetable Consumption in Adolescents in SOS Desataruna Jakarta" discusses how far adolescents know about the importance of vegetable consumption, but the drawback is that it does not explain the content as well as the benefits of the vegetable for the body.

Therefore, socializing about the benefits, types, and content of vitamins contained in vegetables that are commonly consumed by Youth organization/Karang Taruna members is the goal of this study. This research was conducted with members of the organization, which consisted of as many as 20 people using PowerPoint media and its exposure was assisted by Zoom Meeting media and Whatsapp groups. Before socializing, a pretest questionnaire amounted to 20 questions and 20 post-test questions after socializing.

The novelty of the research conducted is (i) that the subject is interested in gaining a deeper knowledge about vegetables; (ii) the subject wants to be more regular to eat vegetables after socialization; (iii) the subject better understands what the impact is when the lack of eating vegetables.

## 2. METHOD

The research was conducted in the form of socialization by conducting exposure with the help of media power points and Whatsapp groups to explain the subjects discussed. The target of the study is a member of the Youth organization/Karang Taruna Complex Bulog, Bekasi, Indonesia with a teenage age of 20 people. Before socializing in this study, the author gave a pretest of 20 Google Form questions that were distributed to members of the organization through a WhatsApp group. And after that, the post-test has as many as 20 questions that are also through Google Form. As shown in **Figure 1**, PowerPoint media is used to help explain the types of vegetables, benefits, vitamin content, consumption recommendations, and the consequences of lack of vegetable consumption to members of the Youth organization /Karang Taruna. After socialization, the researcher gave as many as 20 post-test questions to members of the organization to know the extent of the development of participants' knowledge. Questions from the pretest and posttest are shown in **Table 1**.



Figure 1. Socialization with power point media.

Table 1. Pre-test and post-test questions.

No.	Questions	Answer Choices
1.	Do you know what a vegetable is?	Yes / Maybe / No
2.	Have you ever consumed vegetables?	Yes / Maybe / No
3.	Do not you like vegetables?	Yes / Maybe / No
4.	Do you want to live a healthier life by increasing your vegetable consumption?	Yes / Maybe / No
5.	Do you want to regularly eat vegetables?	Yes / Maybe / No
6.	Do you feel something is lacking if in a day do not eat vegetables?	Yes / Maybe / No
7.	Are you interested in eating vegetables?	Yes / Maybe / No
8.	Do you regularly eat vegetables every day?	Yes / Maybe / No
9.	Do you know the recommended amount of vegetables in a day?	Yes / Maybe / No
10.	Do you know the health benefits of vegetables?	Yes / Maybe / No
11.	Do you eat vegetables because you know the benefits?	Yes / Maybe / No
12.	Do you know the benefits of vegetables based on their color?	Yes / Maybe / No
13.	Do you know what types of vegetables (are commonly consumed) and what vitamins are contained in them?	Yes / Maybe / No
14.	Does your favorite vegetable grow?	Yes / Maybe / No
15.	Do not you get rid of the vegetables in a dish?	Yes / Maybe / No
16.	Do not you choose what vegetables to eat?	Yes / Maybe / No
17.	Do you know the diseases that can arise from a lack of eating vegetables?	Yes / Maybe / No
18.	Did you know that a lack of vegetables can lead to death?	Yes / Maybe / No
19.	Have you gained any additional knowledge about vegetables?	Yes / Maybe / No
20.	Do you know vegetables more deeply?	Yes / Maybe / No

### 3. RESULTS AND DISCUSSION

Figure 2 shows the average pre-test answer obtained before socialization . This data shows that there are still quite many members of the organization who do not understand the benefits and content contained in vegetables, as evidenced by a score of 56,75%. Figure 3 shows the average post-test answer obtained after doing the treatment . The data proves that

there was an increase in the knowledge of Youth organization/Karang Taruna members after socialization, which was evidenced by an increase in the number of scores by 22.5%.

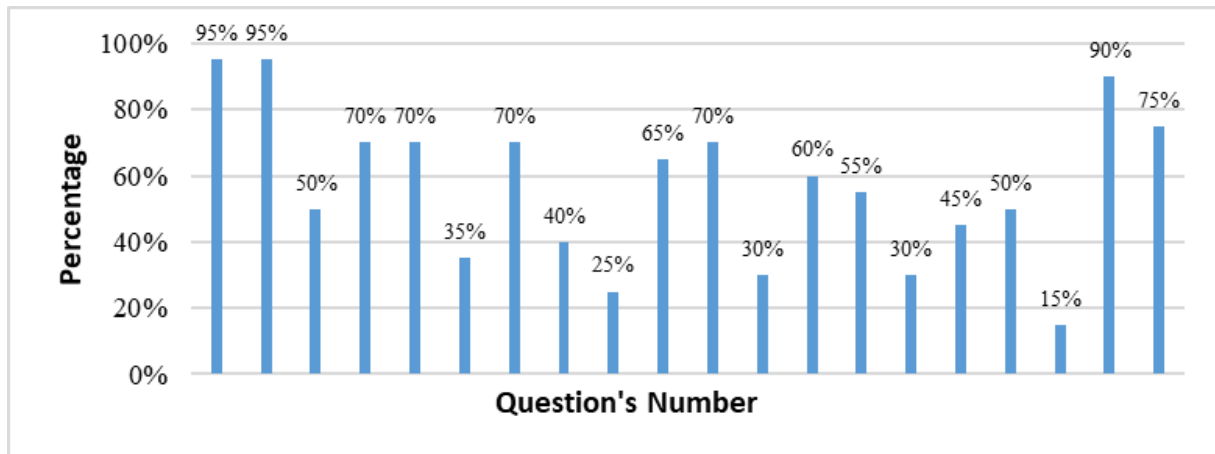


Figure 2. The results of pre-test scores per question.

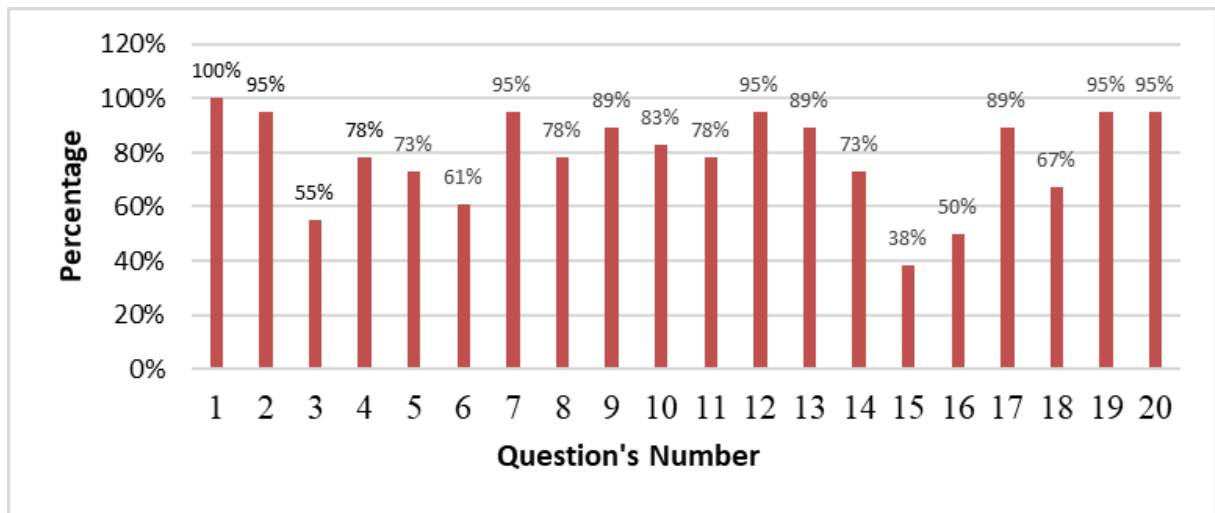


Figure 3. The results of post-test scores per question.

Detailed percentage scores for each pretest and post-test are shown in **Table 2**. It shows the percentage of the results of the pre-test and post-test of each question from the members of the organization who were sampled in this study. The pre-test is carried out before the socializations begin, and the post-test is given to students after the socialization is carried out.

The results of the research on the chart indicate some points: For question number 1 discusses the understanding of vegetables that seem to increase after socialization. While question number 2 discusses the experience of whether or not respondents in eating vegetables that look fixed, nor up or down after socialization. And, questions numbers 3 to 8 discuss the interest of respondents in eating vegetables that on average experienced a significant increase after socialization. Question number 9 to 13 discuss the knowledge of respondents about the benefits of vegetables that on average experienced a considerable increase after the socialization was done.

Furthermore, question number 14 to 16 discuss the interest of respondents in the average vegetables increased after socialization. And, questions numbers 17 and 18 discussed the knowledge of respondents about the impact of lack of eating vegetables that averaged increased after socialization. And lastly, question number 19 and 20 discuss the understanding of respondents about vegetables that have increased after socialization.

The results of this study as shown in Table 2 show that Youth organization/Karang Taruna members understand the material provided regarding the types of vegetables, benefits, vitamin content, consumption recommendations, and the consequences of lack of vegetable consumption, and they tend to be more interested in consuming vegetables after the socialization (Litt *et al.*, 2011; Duplaga & Grysztar, 2021; Qutteina *et al.*, 2022). It is proven that the socialization given to members of the Youth organization /Karang Taruna Bulog was successful because the materials provided tended to be light but weighty, and the explanations used everyday language, making it easier to understand (Morelli & Vitale, 2020; Thomas *et al.*, 2010).

**Table 2.** Results of pre-test and post-tests.

Questions No	Pre-test Score	Post-test Score	Increase in Value
1.	95%	100%	5%
2.	95%	95%	0%
3.	50%	55%	5%
4.	70%	78%	8%
5.	70%	73%	3%
6.	35%	61%	26%
7.	70%	95%	25%
8.	40%	78%	38%
9.	25%	89%	64%
10.	65%	83%	18%
11.	70%	78%	8%
12.	30%	95%	65%
13.	60%	89%	29%
14.	55%	73%	18%
15.	30%	38%	8%
16.	45%	50%	5%
17.	50%	89%	39%
18.	15%	67%	52%
19.	90%	95%	5%
20.	75%	95%	20%
<b>Overall class pretest score (%)</b>	<b>Overall class posttest score (%)</b>	<b>Increase in value (%)</b>	
56.75%	78.8%	22.5%	

#### 4. CONCLUSION

The results of the study of the pretest and post-test as can be seen from the diagram above in the "Yes" option the percentage has increased. For discussion, the number 1-20 problem looks to increase, this happens because at the time of socialization is explained by understanding, content, benefits, and impacts that can occur if you eat fewer vegetables. In addition, there is also an increase in the interest of members of the organization towards vegetables which can be seen from the increase in the percentage of "Yes" answers to questions related to interest in vegetable consumption.

#### 5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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