

PENGARUH EDUKASI GIZI DENGAN MEDIA PERMAINAN KARTU DAN VIDEO ANIMASI TERHADAP PENGETAHUAN KONSUMSI BUAH DAN SAYUR PADA ANAK USIA SEKOLAH

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Abstrak

Berdasarkan hasil laporan Riskesdas 2018, sebanyak 95,5% penduduk Indonesia kurang konsumsi sayur/buah. Dampak dari kurang konsumsi buah dan sayur dapat menyebabkan beberapa masalah gizi, seperti obesitas pada anak sekolah dan gangguan saluran pencernaan. Salah satu upaya yang dapat dilakukan untuk memberi informasi terkait buah dan sayur adalah dengan pemberian edukasi. Penelitian ini dilakukan untuk mengetahui pengaruh edukasi gizi dengan media kartu dan video animasi terhadap pengetahuan buah dan sayur pada anak usia sekolah di SDN Balekambang 01 Pagi. Desain penelitian yang digunakan adalah quasi eksperimental dengan rancangan *pre-post test group design* yang melibatkan 124 siswa kelas III, IV, dan V yang dipilih dengan teknik *stratified random sampling*. Terdapat perbedaan pengetahuan *pre-post test* responden terhadap edukasi gizi dengan media permainan kartu ($p = 0,000$) dan video animasi ($p = 0,000$). Tidak terdapat perbedaan peningkatan pengetahuan antar dua media yang ditunjukkan dengan $p \text{ value} = 0,221$ ($p \text{ value} > 0,05$). Kesimpulan penelitian ini adalah terdapat pengaruh edukasi gizi dengan media permainan kartu dan video animasi terhadap pengetahuan buah dan sayur pada siswa di SDN Balekambang 01 Pagi.

Kata Kunci: Buah dan Sayur, Edukasi Gizi, Permainan Kartu, Video Animasi

THE IMPACT OF NUTRITION EDUCATION BASED ON CARD GAME AND ANIMATED VIDEO TOWARDS VEGETABLES AND FRUITS CONSUMPTION KNOWLEDGE OF SCHOOL AGE CHILDREN

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Abstract

Based on the results of the 2018 Riskesdas report, approximately 95.5% of the Indonesian population has insufficient consumption of vegetables/fruits. The impact of inadequate fruit and vegetable consumption can lead to several nutritional problems, such as obesity in schoolchildren and digestive disorders. One of the efforts that can be made to provide information related to fruits and vegetables is through educational interventions. The purpose of this research is to determine the influence of nutrition education using card games and animated videos on the knowledge of fruits and vegetables among school-aged children at Balekambang 01 Pagi Elementary School. The research design used was a quasi-experimental design with a pre-post test group design involving 124 students from grades III, IV, and V selected through stratified random sampling technique. There were differences in the pre-post test knowledge of the respondents regarding nutrition education using card game media ($p = 0.000$) and animated video media ($p = 0.000$). There was no significant difference in the knowledge improvement between the two media, as indicated by a p-value of 0.221 ($p\text{-value} > 0.05$). Conclusion of this research is there is an influence of nutrition education using card games and animated videos on the knowledge of fruits and vegetables among students at Balekambang 01 Morning Elementary School.

Keywords: Animated Videos, Card Games, Fruits and Vegetables, Nutrition Education.