

PENGARUH EDUKASI *FOOD WASTE* TERHADAP PENGETAHUAN DAN SIKAP IBU RUMAH TANGGA DI RW 04 KELURAHAN KEBON BAWANG TAHUN 2025

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Abstrak

Di Indonesia, rumah tangga merupakan penyumbang *food waste* terbesar. Hal ini disebabkan oleh pengetahuan dan sikap ibu rumah tangga yang rendah terkait dampak yang dihasilkan dari *food waste*. Penelitian ini bertujuan mengetahui pengaruh edukasi *food waste* terhadap pengetahuan dan sikap ibu rumah tangga di RW 04 Kelurahan Kebon Bawang pada bulan Mei—Juni 2025. Penelitian ini menggunakan desain *quasi experiment* dengan *pretest* dan *posttest two group design*. Media yang digunakan berupa leaflet dan *powerpoint*. Data dianalisis dengan menggunakan Uji Wilcoxon Signed Rank. Sebanyak 80 ibu rumah tangga dipilih sebagai responden dengan menggunakan Teknik *purposive sampling* yang kemudian dibagi menjadi kelompok eksperimen (leaflet) dan kelompok kontrol (*powerpoint*). Hasil uji bivariat didapatkan *p-value* pada variabel pengetahuan dengan media leaflet ($p\text{-value}=0,021<0,05$) dan *powerpoint* ($p\text{-value}=0,000<0,05$). Selain itu, pada variabel sikap didapati *p-value* pada media leaflet ($p\text{-value}=0,002<0,05$) dan *powerpoint* ($p\text{-value}=0,000<0,05$). Dapat disimpulkan bahwa terdapat pengaruh edukasi *food waste* terhadap pengetahuan dan sikap ibu rumah tangga di RW 04 Kelurahan Kebon Bawang. Diharapkan responden dapat menerapkan pengetahuan dan sikap positif yang telah diterima setelah edukasi dan didukung dengan program berkelanjutan dalam lingkup RW.

Kata Kunci: Edukasi, *Food Waste*, Pengetahuan, Sikap, Ibu Rumah Tangga

THE INFLUENCE OF FOOD WASTE EDUCATION ON HOUSEWIVES' KNOWLEDGE AND ATTITUDES IN RW 04, KEBON BAWANG VILLAGE IN 2025

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Abstract

In Indonesia, household are the largest contributors of food waste. This is due to the low knowledge and attitude of housewives regarding the impact of food waste. This study aimed to determine the effect of food waste education on the knowledge and attitudes of housewives in RW 04 Kebon Bawang Village in May—June 2025. This study used a quasi-experiment with pretest and posttest group design. Leaflet and powerpoint were used as intervention media. Data were analyzed using a Wilcoxon Signed Rank test. A total of 80 housewives were selected as respondents by using a purposive sampling technique and then were divided into an experiment group (leaflet) and a control group (powerpoint). The results of the bivariate test obtained a p-value on the knowledge variable with leaflet media ($p\text{-value}=0.021<0.05$) and powerpoint ($p\text{-value}=0.000<0.05$). In addition, on the attitude variable, the p-value was found on leaflet media ($p\text{-value}=0.002<0.05$) and powerpoint ($p\text{-value}=0.000<0.05$). In conclusion, there is an effect of food waste education on the knowledge and attitudes of housewives in RW 04 Kebon Bawang Village. It is expected that respondents can apply the knowledge and positive attitudes that have been received after education and supported by sustainable programs within the RW scope.

Keyword: Education, Food Waste, Knowledge, Attitude, Household