ABSTRACT

GHINA NUR AFRA

THE EFFECT OF FLASH CARD MEDIA ON CHANGE KNOWLEDGE AND ATTITUDE OF BALANCED NUTRITION ON 5th GRADE STUDENTS IN SDN TANJUNG DUREN SELATAN 01 PAGI

VI Chapters, 92 Pages, 12 Tables, 5 Graphs, 6 Attachments

Background: A lack of nutritional knowledge. Various ways can be done to improve knowledge, one of which is to provide information through the media campaign.

Purpose: To examine the effect of giving flash card media to change the knowledge and attitude of balanced nutrition on 5th grade students in SDN Tanjung Duren Selatan 01 Pagi .

Methods: The type of research used was Quasy Experiment using control group. This research was conducted in December 2017-February 2018. The study population of this research is 5th grade students in SDN Tanjung Duren Selatan 01 Pagi. The number of samples in this study is 86 students. The analysis used statistical tests of Paired t-test, Independent t-test, Wilcoxon, and Mann-Whitney.

Result: Descriptive data shows the age of most samples (47.8%) were at the age of 10 years in the control group and age 11 years of 55% in the intervention group. The results showed that there was a change of students' knowledge and attitude on balanced nutrition in the intervention group ($p \leq 0.05$) compared with the control group ($p > 0.05$). The result of statistical test shows that there is difference of knowledge and attitude between intervention group and control group ($p > 0{,}05$).

Conclusion: The presentation of flash card media has an effect on the knowledge and attitude of balanced nutrition on SDN Tanjung Duren Selatan 01 Pagi students. Development of nutrition education materials using flash card are needed such as the clean and healthy behaviour and food safety.

Keywords**:** *attitude, balanced nutrition, flash cards, promotional media*

Reading list: 84 (1996-2017)