

## ABSTRAK



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“PENGARUH PEMBERIAN LAGU SEBAGAI MEDIA PENDIDIKAN GIZI TERHADAP PENGETAHUAN DAN SIKAP GIZI SEIMBANG PADA SISWA KELAS V SEKOLAH DASAR DI JAKARTA BARAT”

ix, VI Bab, 76 Halaman, 16 Tabel, 5 Gambar, 4 Grafik, 4 Lampiran

**Latar Belakang:** Permasalahan gizi yang banyak terjadi pada anak usia sekolah dasar salah satunya disebabkan kurangnya pengetahuan gizi. Oleh karena itu diperlukan pendidikan gizi yang dapat meningkatkan pengetahuan dan sikap anak salah satunya materi mengenai empat pilar gizi seimbang yang termasuk sangat informatif dan lebih mudah dimengerti. Untuk itu diberikan dua perlakuan perbandingan pada dua kelompok, antara kelompok ceramah kombinasi media lagu dan kelompok yang hanya diberikan ceramah.

**Tujuan:** Mengetahui pengaruh pemberian lagu sebagai media pendidikan gizi terhadap pengetahuan dan sikap gizi seimbang pada siswa sekolah dasar kelas V di Jakarta Barat.

**Metode:** Penelitian ini adalah *quasy experiment* dengan menggunakan rancangan *pre-post test design with control group* dengan jumlah sampel 112 siswa. Uji statistik menggunakan *Paired Sample T-test* dan *Independen Sample T-test*.

**Hasil:** Terdapat perbedaan kelompok ceramah kombinasi lagu terhadap pengetahuan antara *pre-test* dan *post-test* 1 dan antara *pre-test* dan *post-test* 2 ( $p= 0,000$ ) serta pada kelompok ceramah antara *pre-test* dan *post-test* 1 dan antara *pre-test* dan *post-test* 2 ( $p=0,000$ ). Terdapat perbedaan kelompok ceramah kombinasi lagu terhadap sikap antara *pre-test* dan *post-test* 1 ( $p=0,000$ ) dan antara *pre-test* dan *post-test* 2 ( $p=0,006$ ) serta pada kelompok ceramah antara *pre-test* dan *post-test* 1 ( $p=0,003$ ) dan antara *pre-test* dan *post-test* 2 ( $p=0,029$ ). Terdapat perbedaan yang signifikan ceramah kombinasi lagu dan ceramah pada pengetahuan ( $p=0,001$ ) namun tidak ada perbedaan yang signifikan ceramah kombinasi lagu dan ceramah pada pengetahuan ( $p=0,329$ ).

**Kesimpulan:** Terdapat perbedaan pengetahuan dan sikap gizi seimbang setelah pemberian lagu sebagai media pendidikan gizi pada siswa kelas V sekolah dasar di Jakarta Barat.

**Daftar Bacaan:** 48 (2003-2017)

**Kata Kunci:** media, lagu, pengetahuan, sikap, pilar gizi seimbang

## ABSTRACT



**ESA UNGGUL UNIVERSITY  
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**"THE EFFECT OF SONG AS A MEDIA OF NUTRITION EDUCATION ON KNOWLEDGE AND ATTITUDE OF BALANCED NUTRITION TO STUDENTS 5<sup>th</sup> GRADE IN ELEMENTARY SCHOOL IN WEST JAKARTA"**

ix, VI Chapters, 76 Pages, 16 Tables, 5 Pictures, 4 Graphs, 4 Attachments

**Background:** Nutritional problems are common in children primary school age and it is due to a lack of knowledge of nutrition. Therefore children need nutrition education to increase their knowledge and attitudes. Four pillars of balanced nutrition which including very informative and easy to understand. Two comparative treatments were given to the two groups, between the lecture group and the lecture combination only.

**Objective:** To determine the effect of song media on knowledge and attitude of balanced nutrition to students 5<sup>th</sup> grade on elementary school in West Jakarta.

**Methods:** This study is Quasy Experiment using pre-post test design with control group. There are 112 students as the sample and using Paired Sample T-test and Independen Sample T-test as the statistical test.

**Results:** There are significant differences of the combination of lecture and song groups in knowledge between pre-test and post-test 1 and between pre-test and post-test 2 ( $p = 0,000$ ) and in the lecture group between pre-test and post-test 1 and between pre-test and post-test 2 ( $p = 0,000$ ). There are significant differences of the combination of lecture and song group to attitude between pre-test and post-test 1 ( $p = 0,000$ ) and between pre-test and post-test 2 ( $p = 0,006$ ) and in lecture group between pre-test and post-test 1 ( $p = 0,003$ ) and between pre-test and post-test 2 ( $p = 0,029$ ). There are a significant difference in the combination of lecture with song and lectures on knowledge ( $p = 0.001$ ) but there was no significant difference in combination of lecture with song and lectures on attitude ( $p = 0.329$ ).

**Conclusion:** There is difference of knowledge and attitude of balanced nutrition after giving a song as media of nutrition education at V grade elementary school student in West Jakarta.

**Reading List:** 48 (2003-2017)

**Keywords:** media, song, knowledge, attitude, balanced nutrition pillar