

## ABSTRAK

UNIVERSITAS ESA UNGGUL  
PROGRAM STUDI GIZI  
SKRIPSI, SEPTEMBER 2018

SINDY ARIANTY

PENGARUH PERMAINAN NUTRI BALANCE TERHADAP PENGETAHUAN DAN SIKAP GIZI SEIMBANG PADA SISWA SDN GROGOL UTARA 12 PAGI JAKARTA SELATAN TAHUN 2018

VI Bab, 68 Halaman, 16 Tabel, 9 Lampiran

**Latar Belakang :** Pendidikan gizi penting karena masih banyak anak usia sekolah memiliki pengetahuan rendah tentang gizi. Kegiatan menyampaikan materi gizi memerlukan sebuah media agar dapat lebih mudah dipahami .

**Tujuan :** Mengetahui pengaruh permainan *Nutri Balance* terhadap pengetahuan dan sikap gizi seimbang pada siswa SDN Grogol Utara 12 Pagi Jakarta Selatan tahun 2018.

**Metode Penelitian** Penelitian *quasy experimental study* dengan rancangan *non randomized pretest-posttest control group design* dilaksanakan pada siswa SDN Grogol Utara 12 Pagi Jakarta Selatan. Sampel dipilih dengan *simple random sampling* berjumlah 52 sampel, masing-masing kelompok perlakuan dan kontrol yaitu 26 sampel. Pemberian intervensi permainan *nutri balance* dilakukan sebanyak tiga kali dalam tiga hari berturut-turut. Pengukuran pengetahuan dan sikap gizi seimbang diukur menggunakan kuesioner.

**Hasil Penelitian :** Ada pengaruh pendidikan gizi terhadap pengetahuan gizi seimbang pada kelompok kontrol dan perlakuan ( $p$ -value 0.000). Ada perbedaan rata-rata pengetahuan gizi pada kelompok kontrol dan perlakuan ( $p$ -value 0.047<0.05). Tidak ada pengaruh pendidikan gizi terhadap perubahan sikap gizi seimbang sebelum dan sesudah intervensi pada kelompok kontrol, ( $p$ -value 0.161> 0.05). Ada pengaruh pendidikan gizi dengan permainan *nutri balance* terhadap nilai rata-rata sikap gizi seimbang pada kelompok perlakuan ( $p$ -value 0.002< 0.05). Tidak ada perbedaan rata-rata nilai sikap gizi seimbang pada kelompok kontrol dan perlakuan, setelah intervensi pendidikan gizi tanpa media permainan *nutri balance* dan dengan media permainan *nutri balance* ( $p$ -value 0.852>0.05).

**Kesimpulan :** Ada pengaruh permainan *Nutri Balance* terhadap pengetahuan dan sikap gizi seimbang.

**Kata Kunci :** Pendidikan Gizi, *Nutri Balance*, Pengetahuan, Sikap, Gizi Seimbang.

**Daftar Bacaan :** 51 ( 1980-2018).

## ABSTRACT

ESA UNGGUL UNIVERSITY  
NUTRITION DEPARTMENT  
THESIS, SEPTEMBER 2018

SINDY ARIANTY

THE EFFECT OF NUTRI BALANCE GAME TOWARDS SCHOOL CHILDREN  
KNOWLEDGE AND ATTITUDE ABOUT BALANCED NUTRITION IN SDN  
GROGOL UTARA 12 PAGI SOUTH JAKARTA 2018

VI Bab, 68 Pages, 16 Tables, 9 Attachment

**Background :** Nutrition education is very important because there are still many school children who have less knowledge about nutrition. The tool for delivering nutritional topic requires a media to be more easily understood.

**Purpose :** The purpose of this study was to determine the effect of Nutri Balance game on balanced nutrition knowledge and attitudes on students of SDN Grogol Utara 12 Pagi in South Jakarta 2018.

**Method :** The method of this study is quasy experimental study with non randomized pretest-posttest control group design was carried out on students of Grogol Utara 12 Elementary School Pagi South Jakarta. The sample was chosen by simple random sampling, with the total is 52 samples, each treatment and control group was 26 samples. The intervention of nutri balance game was carried out three times in three consecutive days. Measurement for balance nutrition knowledge and attitudes was measured using a questionnaire.

**Result :** The results of the study are there was an effect of nutritional education on balance nutrition knowledge in the control and treatment groups ( $p$ -value 0.000). There is a difference in the mean of knowledge in the control and treatment groups ( $p$ -value 0.047 < 0.05). There is no effect of nutritional education on changes in balanced nutritional attitudes before and after intervention in the control group, ( $p$ -value 0.161 > 0.05). There is an effect of nutritional education by playing nutri balance on the mean value of attitudes in the treatment group ( $p$ -value 0.002 < 0.05). There is no difference in the average value of attitudes in the control and treatment groups, after the intervention of nutritional education without the nutri balance game and with the nutri balance game ( $p$ -value 0.852 > 0.05).

**Conclusion :** The conclusion is that there is an effect of Nutri Balance game on knowledge and attitudes of balanced nutrition.

**Keywords:** Nutrition Education, Nutri Balance Game, Knowledge, Attitude, Balance Nutrition.