

ABSTRAK

Judul : Pengaruh Pendidikan Gizi Melalui Nutriboard Game Terhadap Pengetahuan Dan Sikap Gizi Seimbang Pada Siswa Kelas V Sekolah Dasar Negeri Sukasari 6 Tangerang Tahun 2018
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Latar Belakang: Rendahnya pengetahuan dan sikap gizi seimbang pada anak usia sekolah dikarenakan kurangnya pembelajaran terkait gizi di sekolah. Pemberian pendidikan gizi pada anak sekolah memerlukan alat bantu berupa media, hal ini dapat memudahkan untuk menyampaikan pesan gizi. Media yang digunakan dalam penelitian ini adalah *nutriboard game*.

Tujuan : Mengetahui pengaruh pemberian media pendidikan gizi *nutriboard game* terhadap perubahan pengetahuan dan sikap mengenai gizi seimbang pada siswa/i kelas V Sekolah Dasar.

Metode: Penelitian ini menggunakan metode *Quasi Experimental* dengan *non randomized control group pretest-posttest design*. Populasi dalam penelitian yaitu sebanyak 65 siswa kelas V SDN Sukasari 6 Tangerang. Teknik pengambilan sampel menggunakan total sampling. Jumlah sampel penelitian adalah 56 siswa yang terbagi rata antar kedua kelompok.

Hasil Penelitian: Sebagian besar sampel berusia 10 tahun, 82,1% pada kelompok kontrol dan 85,7% pada kelompok intervensi. Jenis kelamin pada sampel di dominasi oleh laki-laki, 53,6% kelompok kontrol dan 60,7% pada kelompok intervensi. Tidak terdapat perbedaan skor pengetahuan kedua kelompok saat *post-test 1* dengan nilai $p = 0,791$, dan ada perbedaan skor pengetahuan pada saat *post-test 2* dengan nilai $p = 0,003$. Tidak ada perbedaan skor sikap kedua kelompok saat *post-test 1* dan *post-test 2* dengan nilai $p = 0,436$ dan $p = 0,190$, namun terdapat peningkatan pada kedua kelompok.

Kesimpulan: *Nutriboard game* dapat mengubah pengetahuan dan sikap siswa tentang gizi seimbang kelas V di SDN Sukasari 6 Tangerang. Diperlukan adanya pengulangan pembelajaran terkait gizi seimbang secara berkala untuk memaksimalkan pengetahuan, serta bersikap gizi seimbang.

Kata Kunci: *Board Game Gizi*, Gizi Seimbang, Media Edukasi, *Nutriboard Game*, Pendidikan Gizi

ABSTRACT

Title : The Influence of Nutrition Education through NGB on Knowledge and Balanced Nutrition Attitude of Students in 5th Grade SDN Sukasari 6 Tangerang in 2018

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Background: Low knowledge and attitudes of balanced nutrition in school-age children due to lack of learning related to nutrition in schools. The provision of nutritional education to school children requires media tools, this can make it easier to convey nutritional messages. The media used in this study is nutriboard game.

Objective: To determine the effect of the nutrition education using nutriboard game on changes in knowledge and attitudes about balanced nutrition in 5th grade elementary school students.

Method: This study uses Quasi Experimental method with non-randomized control group pretest-posttest design. The population in the study were 65 5th grade students in SDN Sukasari 6 Tangerang. The sampling technique uses total sampling. The study samples was 56 students consisted of 56 students who were evenly divided between the control group and the intervention group.

Results: Most of the samples were 10 years old, 82.1% in the control group and 85.7% in the intervention group. The gender of the sample was dominated by male, 53.6% of the control group and 60.7% in the intervention group. There were no differences in knowledge scores of the two groups when post-test 1 with a value of $p = 0.791$, and there was a difference in knowledge scores at post-test 2 with a value of $p = 0.003$. There were no difference in attitude scores of the two groups during post-test 1 and post-test 2 with $p = 0.436$ and $p = 0.190$, but there was an increase in the two groups.

Conclusion: There is an influence on the provision of the nutriboard game on nutrition education on changes in knowledge and attitudes about balanced nutrition in grade V elementary school students. It is necessary to periodically repeat learning related to balanced nutrition to maximize knowledge, and be balanced nutrition.

Keywords: Balanced Nutrition, Media Education, Nutriboard Game, Nutrition Board Game, Nutrition Education