

ABSTRAK



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Pengaruh Pemberian Media *Lift the Flaps Book* Terhadap Perubahan Pengetahuan dan Sikap Gizi Seimbang pada Siswa Kelas V di SDN Pulo Pagi Jakarta Selatan

VI Bab, 11 Tabel, 3 Gambar, 7 Lampiran

Latar Belakang: Kurangnya informasi tentang gizi seimbang dapat menyebabkan terjadinya masalah gizi seperti kurus, pendek dan obesitas. Upaya peningkatan kesehatan salah satunya dengan meningkatkan pengetahuan masyarakat akan gizi seimbang dengan memberikan pendidikan gizi. Upaya yang dapat dilakukan dalam memberikan pendidikan gizi seimbang adalah dengan menggunakan media *lift the flaps book* sebagai media pembelajaran yang menarik.

Tujuan: Mengetahui pengaruh pemberian media *lift the flaps book* terhadap perubahan pengetahuan dan sikap gizi seimbang pada siswa kelas V di SD Negeri Pulo Pagi Jakarta Selatan.

Metode Penelitian: Jenis penelitian adalah *quasi experimental*. Populasi penelitian adalah siswa kelas V SDN Pulo Pagi Jakarta Selatan. Jumlah sampel dalam penelitian ini adalah 61 orang. Analisis menggunakan uji statistik *Anova* dan *Independent t-test*.

Hasil Penelitian: Data menunjukkan sebagian besar sampel (51,6%) berusia 10 tahun pada kelompok perlakuan dan 70% berusia 11 tahun pada kelompok kontrol. Hasil penelitian menunjukkan adanya perubahan pengetahuan dan sikap gizi seimbang pada kelompok perlakuan ($p < 0,05$). Hasil uji statistik menunjukkan ada perbedaan pengetahuan dan sikap antara kelompok perlakuan dan kelompok kontrol ($p < 0,05$).

Kesimpulan: Pemberian media *lift the flaps book* berpengaruh terhadap pengetahuan dan sikap gizi seimbang pada siswa SDN Pulo Pagi Jakarta Selatan.

Kata kunci : pengetahuan, sikap, *lift the flaps book*, gizi seimbang

Daftar Pustaka : 40 (2007-2018)

ABSTRACT



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The Effect of Giving Lift the Flaps Book to Changes Knowledge and Attitudes of Balanced Nutrition in 5th Grade Students at Pulo Elementary School in South Jakarta

VI Chapters, 11 Tables, 3 Pictures, 7 Attachments

Background: Lack of information about nutrition can cause nutritional problems such as thinness, shortness, and obesity. One of the efforts to improve health is by increasing public knowledge about balanced nutrition by providing nutrition education. Efforts that can be made in providing balanced nutrition education is to use the lift the flaps book as an interesting learning media.

Objective: To know the effect of giving the lift the flaps book media to changes in knowledge and balanced nutritional attitudes in 5th grade students at Pulo Elementary School in South Jakarta.

Methods: This type of research is quasi-experimental. The population of the research was the 5th grade students of Pulo Elementary School South Jakarta. The number of samples in this study was 61 people. Analysis using statistical tests anova and independent t-test.

Result: The data shows that most of the samples (51.6%) were 10 years old in the treatment group and 70% were 11 years old in the control group. The results showed changes in knowledge and attitudes of balanced nutrition in the treatment group ($p < 0.05$). Statistical test results showed there were differences in knowledge and attitudes between the treatment group and the control group ($p < 0.05$).

Conclusion: Lift the flaps book can influences the knowledge and attitudes of balanced nutrition at students in Pulo Elementary School South Jakarta.

Keywords: knowledge, attitude, lift the flaps book, balanced nutrition

References : 40 (2007-2018)