

ABSTRACT



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**THE EFFECT OF GIVING NUTRITION EDUCATION THROUGH
KNOWLEDGE AND ATTITUDE ABOUT HYDRATION ON STUDENT IN
TOBOALI ELEMENTARY SCHOOL**

Background: The average water intake in the 9–13 year age group was 1.6 L for women and 1.7 L for men. In 2009 it was reported that as much as 46.1% of the Indonesian population had mild dehydration, as many as 85% of school-age children did not consume adequate amounts of fluids. To reduce nutritional problems in school-age children, it is necessary to carry out health promotion efforts in schools. **Purpose:** This research aims to measure the differences in the level of hydration knowledge and attitudes on student in Toboali elementary school with learning methods of playing. **Method:** This research is a quasy experimental with research draft One-group Pre-test post-test design. The sample in this study amounted to 32 people, taken through a total sampling method on all 5th grade student in Toboali elementary school. The variables of the study are the level of knowledge and attitudes based on the values of pre-test, first post-test, and second post-test. **Result:** The results showed there was an increase score of knowledge and attitude after the intervention with hydration card. There is a differences on knowledge and attitude when pretest, post-test 1 and post-test 2 with the value $p < 0.05$. **Conclusion:** The use of hydration card as an educational media on Student in Toboali Elementary School is proven to be able to increase hydration knowledge and attitude

Keywords: Nutrition education, hydration card, nutrition knowledge and attitude