



ABSTRACT

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THE EFFECT OF NUTRITION EDUCATION THROUGH NUTRITION-RUN GAME MEDIA ON CHANGES IN KNOWLEDGE AND ATTITUDE THE IMPORTANCE OF CONSUMING VEGETABLES AND FRUIT IN CHILDREN

VI Chapters, 107 Pages, 16 Tables, 4 Pictures

Background: Lack of consumption of vegetables and fruit in children can pose a risk of various diseases in the future. The factor that influences the lack of consumption of vegetables and fruit is knowledge. The provision of information related to nutrition in children can be done with media games, this is intended so that children do not get bored quickly in the learning process so that the material presented can be well received. **Objective:** To determine the effect of using the Nutrition-Run Game media on changes in knowledge and attitudes about the importance of consuming vegetables and fruit in children. **Methods:** Quasi-experimental research design with One Group Pretest and Posttest Design. This study used a sample of 37 children aged 9-12 years. The sampling technique is purposive sampling. The number of knowledge questionnaires is 13 questions and attitude questionnaires are 14 questions. The questionnaire was administered by filling in the pretest questions, then intervention was given after which the sample was given a posttest questionnaire 1. Seven days later, the sample was given the same questionnaire as the pretest and posttest 1 to conduct the posttest 2. **Results:** Based on data analysis using the Paired Sample T-Test test it was found that the influence of the Nutrition-Run Game media on the level of knowledge and attitudes ($p \leq 0.05$) regarding the importance of consuming vegetables and fruit in children aged 9-12 years in the Sitanala Multipurpose Complex RT.004. **Conclusion:** Media Nutrition-Run Game can have an effect on increasing knowledge and attitudes about the importance of consuming vegetables and fruit.

Keywords: attitude; knowledge; nutrition-run game media; vegetables and fruit