

ABSTRAK



**UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU – ILMU KESEHATAN
PROGRAM STUDI GIZI
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PENGARUH EDUKASI DENGAN MEDIA *TOTE BAG* TERHADAP
PERUBAHAN PENGETAHUAN SERTA SIKAP KADER POSBINDU
DALAM PENGUKURAN ANTROPOMETRI DAN GIZI SEIMBANG PADA
LANSIA.**

VI BAB, 61 Halaman, 9 Tabel, 22 Gambar

Latar Belakang : Kader posbindu mempunyai peranan penting dalam kegiatan posbindu. Kader harus terlatih dalam bidang pelayanan posyandu lansia guna memberikan informasi kepada lansia. Tugas kader antara lain mengukur tinggi badan dan berat badan lansia serta memberikan penyuluhan gizi seimbang kepada lansia. Namun kegiatan pengukuran antropometri dan penyuluhan gizi seimbang pada lansia belum dilaksanakan secara tepat.

Tujuan : Penelitian ini adalah untuk mengetahui pengaruh pemberian media *tote bag* terhadap perubahan pengetahuan dan sikap kader posbindu dalam pengukuran antropometri dan gizi seimbang pada lansia.

Metode : Penelitian ini mengambil sampel sebanyak 35 kader posbindu dan menggunakan desain penelitian *Quasi Experimental* dengan desain *one group pre-test dan post-test*. Uji analisis bivariat yang digunakan adalah uji *Paired Sample t-test*.

Hasil : Hasil uji bivariat menunjukkan terdapat perbedaan yang signifikan pada skor rata-rata pengetahuan dan sikap pengukuran antropometri dan gizi seimbang pada lansia ($p \leq 0,05$).

Kesimpulan : Media *tote bag* dapat meningkatkan skor pengetahuan dan sikap pengukuran antropometri dan gizi seimbang pada lansia. media *tote bag* dapat digunakan sebagai media edukasi jangka panjang karena media tersebut kader dapat mengingat informasi yang telah diberikan.

Kata Kunci : Kader Posbindu, Pengetahuan Kader, Sikap Kader, Pengukuran Antropometri, Gizi Seimbang Lansia.

ABSTRACT



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**THE EFFECT OF EDUCATION WITH TOTE BAG MEDIA ON CHANGES
IN KNOWLEDGE AND ATTITUDES OF POSBINDU CADRES IN
MEASURING BALANCED ANTHROPOMETRY AND NUTRITION IN THE
ELDERLY**

VI Chapter, 61 Pages, 9 Table, 22 Picture.

Background : Posbindu cadres have an important role in posbindu activities. Cadres must be trained in the field of posyandu services for the elderly in order to provide information to the elderly. The duties of cadres include measuring the height and weight of the elderly as well as providing education on balanced nutrition to the elderly. However, anthropometric measurements and balanced nutrition counseling for the elderly have not been implemented properly.

Purpose : This study was to determine the effect of tote bag media on changes in knowledge and attitudes of posbindu cadres in anthropometric measurements and balanced nutrition in the elderly.

Method : This study took a sample of 35 posbindu cadres and used the Quasi Experimental method with one group pre-test and post-test design. The bivariate analysis test used the Paired Sample t-Test.

Result : The results of the bivariate test showed that there was a significant difference in the average score of knowledge and attitude measurement of anthropometry and balanced nutrition in the elderly ($p \leq 0,05$).

Conclusion : Media tote bag can increase the score of knowledge and attitude measurement of anthropometry and balanced nutrition in the elderly. Media tote bag can be used as a long-term educational media because the media cadres can remember the information that has been given.

Keywords : Posbindu Cadres, Cadre Knowledge, Cadre Attitudes, Anthropometric Measurement, Balanced Nutrition for the Elderly.