

Health Education About Healthy Food Against Behavior in Fulfilling HealthyFoods

**PENDIDIKAN KESEHATAN TENTANG MAKANAN SEHAT
TERHADAP PERILAKU DALAM PEMENUHAN MAKANAN SEHAT**

Riska Hidayati¹, Widia Sari²

Nurshing Departemen, Faculty of Health Esa Unggul University ^{1,2}

Rizkaikha2394@gmail.com¹, widia.sari@esaunggul.ac.id²

Abstrack

Health education about healthy food is a form of attention and interpersonal response that is carried out in stages by conducting health education and giving questions in the form of knowledge questionnaires about healthy food. The next stage is intervention then observation. The method used was pre-experiment with one group pre-post test design approach. The sample size of 72 respondents consisted of fourth and fifth grade students who were given prior and after treatment taken with the total sampling technique. The statistical test used is a paired test to determine whether or not there are differences before and after. This test is conducted for paired data, where the subject is measured twice before and after an intervention. This is intended to see changes or differences. If the P value is <0.05 , then H_0 is rejected and H_a is accepted, this concludes statistically there are significant or significant differences between before and after the intervention.

Keywords: Health Education About Healthy Food Against Behavior in Fulfilling,HealthyFood



Universitas
Esa Unggul

Univers
Esa

Universitas
Esa Unggul

Univers
Esa