

ABSTRAK



PENGARUH MEDIA EDUKASI 3D PUZZLE TERHADAP PERUBAHAN PENGETAHUAN, SIKAP, DAN TINDAKAN KONSUMSI GIZI SEIMBANG PADA SISWA KELAS V SEKOLAH DASAR

Vxi, VI Bab, 70 Halaman, 4 Gambar, 24 Tabel, 2 Grafik, 6 Lampiran

Latar Belakang : Masalah gizi nampak pada akibat perbuatan gizi seseorang yang salah karena ketidakseimbangan pada pola makan gizi dengan kecukupan gizinya. Yang termasuk prinsip gizi seimbang seperti bervariasi pangan, perilaku hidup bersih, aktivitas fisik, serta mencegah masalah gizi. Sedangkan sumber gizi seperti makanan pokok, buah-buahan, sayuran, dan kacang-kacangan, serta daging, ikan, produk susu, dan telur.

Tujuan : Untuk mengetahui pengaruh media edukasi *3D puzzle* terhadap perubahan pengetahuan, sikap, dan tindakan konsumsi gizi seimbang pada siswa kelas V sekolah dasar di lingkungan sekitar binong kabupaten tangerang.

Metode : Jenis penelitian ini merupakan penelitian kuantitatif dengan desain *Quasi Eksperimen* dengan menggunakan rancangan *control group pre-test* dan *post-test* yang melibatkan 60 siswa kelas V sekolah dasar usia 9-10 tahun yang terbagi menjadi dua kelompok yaitu kelompok *eksperimen* 30 dan *kontrol* 30 siswa. Analisis data menggunakan *Wilcoxon*, *Paired t-test*, *Mann-Whitney*, dan *Independent t-test*.

Hasil : Setelah dilakukan observasi dan pengumpulan data menggunakan kuesioner, maka berdasarkan hasil uji didapatkan adanya perbedaan pengetahuan dan sikap awal (*pre-test*) dan akhir (*post-test*) responden laki-laki dan perempuan antara kelompok eksperimen dan kelompok kontrol ($p < 0.05$) dan adanya perbedaan tindakan awal (*pre-test*) dan akhir (*post-test*) responden laki-laki antara kelompok eksperimen dan kelompok kontrol ($p < 0.05$) serta tidak ada perbedaan tindakan awal (*pre-test*) dan akhir (*post-test*) responden perempuan antara kelompok eksperimen dan kelompok kontrol ($p > 0.05$).

Kesimpulan : Media edukasi *3D puzzle* dapat menjadi media kognitif yang berpengaruh terhadap perubahan pengetahuan, sikap, dan tindakan konsumsi gizi seimbang pada siswa sekolah dasar.

Daftar Bacaan : 30 (2010 – 2020)

Kata Kunci : *Pengetahuan, Sikap dan Tindakan, Gizi Seimbang, Anak Sekolah, Media Puzzle.*

ABSTRACT



THE EFFECT OF 3D PUZZLE EDUCATION MEDIA ON CHANGES IN KNOWLEDGE, ATTITUDE, AND NUTRITIONAL CONSUMPTION MEASURES ON CLASS V ELEMENTARY SCHOOL STUDENTS

Xvi, VI Chapters, 70 Pages, 4 Pictures, 24 Tables, 2 Graphs, 6 Attachments

Background : Nutritional problems appear as a result of a person's nutritional actions that are wrong because of an imbalance in nutritional eating patterns with nutritional adequacy. Which includes the principles of balanced nutrition such as varied food, clean living behavior, physical activity, and preventing nutritional problems. While sources of nutrition such as staple foods, fruits, vegetables, and nuts, as well as meat, fish, dairy products, and eggs.

Purpose : This study aims to determine the effect of *3D puzzle* educational media on changes in knowledge, attitudes, and actions to consume balanced nutrition in fifth grade elementary school students in the Binong district of Tangerang.

Methods : This type of research is a quantitative study with a *quasi-experimental* design using a *pre-test* and *post-test control group* design involving 60 fifth grade elementary school students aged 9-10 years who were divided into two groups, namely the *experimental group* of 30 and the *control group* of 30 students. Data analysis used *Wilcoxon*, *Paired t-test*, *Mann-Whitney*, and *Independent t-test*.

Result : After observing and collecting data using a questionnaire, then based on the test results, it was found that there were differences in knowledge and attitudes at the beginning (*pre-test*) and at the end (*post-test*) male and female respondents between the experimental group and the control group ($p < 0.05$) and there are differences in the initial (*pre-test*) and final (*post-test*) actions male respondents between the experimental group and the control group ($p < 0.05$) and there was no difference in the initial (*pre-test*) and post-test (*post-test*) of female respondents between the experimental group and the control group ($p > 0.05$).

Conclusion : Educational media *3D puzzle* can be a cognitive medium that influences changes in knowledge, attitudes, and actions to consume balanced nutrition in elementary school students.

Reading List : 30 (2010 – 2020)

Keywords : *Knowledge, Attitude and Action, Balanced Nutrition, School Children, Media Puzzle.*