



ABSTRAK

UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU ILMU KESEHATAN
PROGRAM STUDI GIZI
SKRIPSI, OKTOBER 2022
DHEA NUR MARDANI
PENGARUH MEDIA INTERVENSI NUTRIHOCKY BOARD GAME
TERHADAP PENGETAHUAN DAN SIKAP PICKY EATER PADA ANAK
SEKOLAH DASAR

Pendahuluan: *Picky eater* merupakan suatu gangguan pola makan yang sering terjadi pada anak usia sekolah. Menerapkan pola makan yang baik sejak dini sangatlah penting untuk menjaga kualitas hidup, mencegah timbulnya masalah gizi, dan penyakit degeneratif. Namun kurangnya informasi terkait *picky eater* pada anak usia sekolah. Sehingga perlu diberikan intervensi terkait *picky eater*. Intervensi yang akan dilakukan yaitu dengan satu modifikasi media yang digunakan untuk edukasi gizi anak usia sekolah yaitu “*Nutrihocky Board Game*”. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh *nutrihocky board game* terhadap pengetahuan dan sikap *picky eater* pada anak usia sekolah usia 9-11 tahun. **Metode:** penelitian yang digunakan adalah Quasi Experimental dengan rancangan *pretest posttest control grup desain*. Penelitian ini menggunakan 56 responden, 28 responden kelompok intervensi dan 28 kelompok kontrol. **Hasil:** setelah dilakukannya intervensi berdasarkan *Uji Paired Sampel T-Test*, *Uji Wilcoxon*, Dan *Uji Independent T-Test* didapatkan hasil ada perbedaan pemberian media *Nutrihocky Board Game* terhadap pengetahuan dan sikap mengenai *picky eater* ($p < 0.05$). Skor rata-rata pengetahuan kelompok intervensi menggunakan *nutrihocky board game* saat *pretest*, *posttest 1* dan *posttest 2* adalah 54.92, 84.82, 83.43 sedangkan pada kelompok kontrol 54.24, 76.78 dan 78.67. Rata-rata skor sikap pada kelompok intervensi saat *pretest*, *posttest 1* dan *posttest 2* adalah 56.39, 80.29, 80.87, sedangkan pada kelompok kontrol 56.78, 75.12, 73.21. **Simpulan:** Permainan *Nutrihocky Board Game* dapat meningkatkan pengetahuan dan sikap anak usia sekolah sehingga dapat digunakan sebagai media edukasi.

Kata kunci: *Nutrihocky Board Game*, Pengetahuan *Picky Eater*, Sikap *Picky Eater*.

ABSTRACT



**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCES
NUTRITION STUDY PROGRAM**

Thesis, OCTOBER 2022

DHEA NUR MARDANI

**THE EFFECT OF NUTRIHOCKY BOARD GAME INTERVENTION MEDIA
ON KNOWLEDGE AND PICKY EATER ATTITUDE IN ELEMENTARY
SCHOOL CHILDREN**

Introduction: Picky eater is an eating disorder that often occurs in school-age children. Implementing a good diet from an early age is very important to maintain quality of life, prevent nutritional problems, and degenerative diseases. However, there is a lack of information regarding picky eaters in school-age children. So it is necessary to provide intervention related to picky eaters. The intervention that will be carried out is by modifying the media used for nutrition education for school-age children, namely the "Nutrihocky Board Game". **Purpose:** This study aims to determine the effect of the nutrihocky board game on the knowledge and attitudes of picky eaters in school-aged children aged 9-11 years. **Method:** The research used was Quasi-Experimental with a pretest-posttest control group design. This study used 56 respondents, 28 respondents in the intervention group and 28 in the control group. **Result:** After the intervention was carried out based on the Paired Sample T-Test, Wilcoxon Test, and Independent T-Test, the results showed that there were differences in the provision of Nutrihocky Board Game media on knowledge and attitudes about picky eaters ($p < 0.05$). The average score of knowledge of the intervention group using the nutrihocky board game at pretest, posttest 1 and posttest 2 was 54.92, 84.82, 83.43 while in the control group it was 54.24, 76.78 and 78.67. The average attitude scores in the intervention group at pretest, posttest 1 and posttest 2 were 56.39, 80.29, 80.87, while in the control group 56.78, 75.12, 73.21. **Conclusion:** The Nutrihocky Board Game can increase the knowledge and attitudes of school-age children so that it can be used as an educational medium.

Keyword: Nutrihocky Board Game, Picky Eater Knowledge, Picky Eater Attitude.