

“EFEKTIVITAS PENYULUHAN GIZI ISI BEKALKU DENGAN MEDIA  
PERMAINAN ULAR TANGGA TERHADAP PENINGKATAN PENGETAHUAN  
PADA ANAK USIA SEKOLAH DASAR”

Dinda Marchantya Oryza Savitri<sup>1</sup>, Tri Siswati<sup>2</sup>, Susilo Wirawan<sup>3</sup>  
<sup>1,2,3</sup> Jurusan Gizi Poltekkes Kemenkes Yogyakarta,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email : [dindamarchantya.dm@gmail.com](mailto:dindamarchantya.dm@gmail.com), [tri.siswati@poltekkesjogja.ac.id](mailto:tri.siswati@poltekkesjogja.ac.id),  
[susilo.wirawan@poltekkesjogja.ac.id](mailto:susilo.wirawan@poltekkesjogja.ac.id)

### ABSTRAK

**Latar Belakang :** Sebanyak 79% siswa Sekolah Dasar (SD) tidak membawa bekal makanan yang menyebabkan anak jajan sembarangan, upaya yang dapat dilakukan yaitu dengan memberikan edukasi gizi.

**Tujuan :** Mengetahui efektivitas intervensi edukasi gizi terhadap peningkatan pengetahuan anak tentang isi bekalku.

**Metode :** Penelitian *quasi eksperimental* dengan rancangan *non equivalent pretest-posttest*. Penelitian dilaksanakan pada bulan Maret 2024 di 2 SD di Kota Yogyakarta, Indonesia. Sampel penelitian sebanyak 93 orang yang terbagi dalam 2 kelompok, dengan kriteria inklusi merupakan siswa kelas V, diijinkan menjadi responden dan kriteria eksklusi tidak hadir saat intervensi. Intervensi yang diberikan adalah edukasi gizi dengan permainan ular tangga, sedangkan kelompok kontrol dengan poster. Pengetahuan diukur menggunakan kuesioner sebelum dan sesudah intervensi. Analisis perbedaan rata-rata nilai *pretest* dan *posttest* menggunakan uji *Wilcoxon*.

**Hasil :** Rata-rata *pretest* kelompok intervensi 93,00 dan rata-rata *posttest* 97,75, nilai rata-rata *pretest-posttest* meningkat 4,75 dengan  $p=0,027$ . Sedangkan, rata-rata *pretest* kelompok kontrol 89,06 dan rata-rata *posttest* 91,13, nilai rata-rata *pretest-posttest* meningkat 2,07 dengan  $p=0,140$ . Peningkatan pengetahuan dengan permainan ular tangga lebih tinggi daripada poster.

**Kesimpulan :** Edukasi gizi dengan permainan ular tangga lebih efektif dalam meningkatkan pengetahuan mengenai isi bekalku dibandingkan poster.

**Kata Kunci :** Permainan ular tangga, Poster, Peningkatan Pengetahuan, Isi Bekalku, Anak SD.

“THE EFFECTIVENESS OF NUTRITION COUNSELING “ISI BEKALKU” WITH  
SNAKES AND LADDERS GAME MEDIA ON INCREASING KNOWLEDGE IN  
ELEMENTARY SCHOOL CHILDREN”

Dinda Marchantya Oryza Savitri<sup>1</sup>, Tri Siswati<sup>2</sup>, Susilo Wirawan<sup>3</sup>  
<sup>1,2,3</sup> Jurusan Gizi Poltekkes Kemenkes Yogyakarta,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email : [dindamarchantya.dm@gmail.com](mailto:dindamarchantya.dm@gmail.com), [tri.siswati@poltekkesjogja.ac.id](mailto:tri.siswati@poltekkesjogja.ac.id),  
[susilo.wirawan@poltekkesjogja.ac.id](mailto:susilo.wirawan@poltekkesjogja.ac.id)

**ABSTRACT**

**Background :** As many as 79% of elementary school students do not bring food supplies that caused children to snack haphazardly, efforts can be made by providing nutrition education.

**Objective :** This study aimed to know the effectiveness of nutrition education interventions on increasing children's knowledge about the contents of isi bekalku.

**Method :** Quasi-experimental research with non-equivalent pretest-posttest design. The study was conducted in March 2024 at two elementary schools in Yogyakarta City, Indonesia. There were 93 samples divided into two groups, with inclusion criteria being fifth grade students, allowed to be respondents and exclusion criteria not present during the intervention. The intervention was nutrition education with snakes and ladders game, while the control group was given posters. Knowledge was measured using a questionnaire before and after the intervention. We analyzed the mean difference between pretest and posttest scores using Wilcoxon test.

**Result :** The intervention group pretest average was 93.00 and posttest average was 97.75, the pretest-posttest average score increased by 4.75 with  $p=0.027$ . Meanwhile, the average pretest of the control group was 89.06 and the average posttest was 91.13, the average pretest-posttest score increased by 2.07 with  $p=0.140$ . The increase in knowledge with snakes and ladders game is higher than posters.

**Conclusion :** Nutrition education with snakes and ladders game is more effective in increasing knowledge about the contents of isi bekalku than posters.

**Keywords :** Snakes and Ladders Game, Poster, Knowledge Improvement, Contents of Isi Bekalku, Elementary School Children.