

**EFEKTIVITAS PENGGUNAAN MEDIA EDUKASI GIZI KONSIKU  
(BUKU DONGENG ISI PIRINGKU) TERHADAP PENINGKATAN  
PENGETAHUAN ANAK SEKOLAH DASAR SEBAGAI UPAYA  
PENCEGAHAN OBESITAS**

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**ABSTRAK**

**Latar Belakang :** Berdasarkan data Riset Kesehatan Dasar Indonesia tahun 2018 masalah gizi pada anak sekolah dasar saat ini masih cukup tinggi, pada usia 5-12 tahun (menurut IMT/U) di Indonesia, prevalensi kegemukkan pada anak sebanyak 18,8% terdiri dari gemuk 10,8% dan sangat gemuk (obesitas) 8,8%.

**Tujuan :** Mengetahui efektivitas media edukasi gizi KONSIKU (Buku Dongeng Isi Piringku) di bandingkan dengan media video animasi terhadap peningkatan pengetahuan anak sekolah dasar sebagai upaya pencegahan obesitas.

**Metode :** Penelitian *Quasi Experiment* dengan rancangan *non equivalent pre-test post-test*. Sampel penelitian 56 orang terbagi dalam 2 kelompok. Intervensi yang diberikan adalah edukasi gizi pencegahan obesitas dengan media KONSIKU (Buku Dongeng Isi Piringku) pada kelompok perlakuan, sedangkan kelompok kontrol diberikan media video animasi. Pengetahuan diukur menggunakan kuesioner yang diberikan sebelum dan sesudah intervensi. Analisis untuk mengetahui perbedaan rata-rata nilai *pre-test* dan *post-test* menggunakan uji *Wilcoxon*.

**Hasil :** Hasil uji statistik pengetahuan *pre-test* dan *post-test* baik pada kelompok perlakuan maupun kelompok kontrol didapatkan nilai *p-value*=0,000 ( $p < 0,05$ ). Efektivitas media KONSIKU (Buku Dongeng Isi Piringku) dibandingkan dengan video animasi didapatkan hasil  $p=0,145$  ( $p > 0,05$ ) yang berarti tidak ada perbedaan signifikan. KONSIKU (Buku Dongeng Isi Piringku) dan video animasi memiliki efektivitas yang sama terhadap peningkatan pengetahuan anak sekolah dasar tentang pencegahan obesitas.

**Kesimpulan :** Media KONSIKU (Buku Dongeng Isi Piringku) dan video animasi dapat digunakan sebagai edukasi gizi peningkatan pengetahuan anak sekolah dasar tentang pencegahan obesitas.

**Kata Kunci :** Buku Dongeng, Video Animasi, Obesitas, Edukasi Gizi, Anak Sekolah Dasar

**THE EFFECTIVENESS OF THE NUTRITIONAL EDUCATION MEDIA  
KONSIKU (THE FAIRY TALE BOOK CONTENTS MY PLATE) TO  
INCREASE KNOWLEDGE OF PRIMARY SCHOOL CHILDREN AS AN  
OBESITY PREVENTION EFFORTS**

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**ABSTRACT**

**Background** : Based on 2018 Indonesian Basic Health Research data, nutritional problems in elementary school children are currently still quite high, at the age of 5-12 years (according to BMI/U) in Indonesia, the prevalence of obesity in children is 18.8%, consisting of fat 10.8% and very fat (obese) 8.8%.

**Objective** : To determine the effectiveness of the nutritional education media KONSIKU (Fairy Tales Fill My Plate) compared to animated video media in increasing elementary school children's knowledge as an effort to prevent obesity.

**Method** : Quasi Experiment research with a non equivalent pre-test post-test design. The research sample was 56 people divided into 2 groups. The intervention given was nutrition education to prevent obesity using KONSIKU (Fairy Tales Fill My Plate) media in the treatment group, while the control group was given animated video media. Knowledge was measured using a questionnaire given before and after the intervention. Analysis to determine the difference in average pre-test and post-test scores uses the Wilcoxon test.

**Results** : The results of the pre-test and post-test knowledge statistical tests for both the treatment and control groups obtained a  $p$ -value=0.000 ( $p<0.05$ ). The effectiveness of the KONSIKU (Fairy Tales Fill My Plate) media compared to the animated video resulted in  $p=0.145$  ( $p>0.05$ ), which means there is no significant difference. KONSIKU (Fairy Tales Fill My Plate) and animated videos have the same effectiveness in increasing elementary school children's knowledge about obesity prevention.

**Conclusion** : KONSIKU (Fairy Tales Fill My Plate) media and animated videos can be used as nutritional education to increase elementary school children's knowledge about obesity prevention.

**Keywords** : Fairy Tale Books, Animation Videos, Obesity, Nutrition Education, Elementary School Children