

# **PENGARUH PENGGUNAAN MEDIA KOMIK “ISI PIRINGKU” SEBAGAI MEDIA EDUKASI TERHADAP PENGETAHUAN DAN SIKAP TENTANG ISI PIRINGKU PADA SISWA SEKOLAH DASAR**

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## **ABSTRAK**

**Latar Belakang:** Masalah gizi yang sering dijumpai pada siswa sekolah dasar adalah gizi kurang dan gizi lebih. Gizi yang tidak baik adalah faktor risiko Penyakit Tidak Menular (PTM). Saat ini PTM merupakan salah satu masalah kesehatan yang menjadi perhatian nasional maupun global. Penanggulangan PTM dapat dilaksanakan dengan upaya pencegahan melalui kegiatan promosi kesehatan. Promosi kesehatan di sekolah merupakan langkah yang strategis. Pendidikan gizi sebaiknya diberikan segera setelah anak masuk sekolah dasar. Pendidikan gizi mengenai Piring Makanku merupakan upaya penerapan gizi seimbang yang belum optimal. Intervensi menggunakan media promosi sangat strategis dalam memperjelas pesan dan meningkatkan efektivitas proses penyampaian pesan.

**Tujuan Penelitian:** Mengetahui pengaruh penggunaan media komik tentang isi piringku terhadap pengetahuan dan sikap siswa sekolah dasar.

**Metode Penelitian:** Penelitian ini adalah penelitian *quasi experiment* dengan desain penelitian *pre post test with control group design*. Sampel penelitian ini adalah siswa kelas V sebanyak 30 orang di SDN Jatisawit dan SDN Balecatur I.

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa terdapat pengaruh pemberian media komik terhadap pengetahuan ( $p=0,000$ ) dan sikap ( $p=0,003$ ) tentang Isi Piringku pada siswa SD serta terdapat beda pengetahuan yang bermakna antara media komik dan *leaflet* ( $p=0,036$ ) tetapi tidak ada beda sikap yang bermakna antara media komik dan *leaflet* ( $p=0,146$ ).

**Kesimpulan:** Terdapat perbedaan nilai hasil uji beda pengetahuan dan sikap siswa SD sebelum dan sesudah diberikan media komik dan media komik dapat meningkatkan pengetahuan dan sikap siswa tentang Isi Piringku.

**Kata Kunci:** Isi Piringku, Komik, *Leaflet*, Pengetahuan, Sikap, Siswa Sekolah Dasar

# THE INFLUENCE OF COMIC “ISI PIRINGKU” ON KNOWLEDGE AND ATTITUDE OF “ISI PIRINGKU” ON ELEMENTARY SCHOOL STUDENTS

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## ABSTRACT

**Background:** Nutrition problems that are often found in elementary school students are malnutrition and over nutrition. Poor nutrition is a risk factor for Non-Communicable diseases. Currently Non-Communicable disease is one of the health problems of national and global concern. The tacking of Non-Communicable diseases can be implemented by prevention efforts through health promotion activities. Health promotion in schools is a strategic step. Nutrition education should be given as soon as the child enters elementary school. Nutrition education about *Piring Makanku* is an effort to implement balanced nutrition that has not optimized yet before. Interventions using promotional media are very strategic in clarifying messages and increasing the effectiveness of delivery message process.

**Objectives:** To know the effect of using comic about *Isi Piringku* towards knowledge and attitude of elementary school students.

**Methods:** This study is a quasi-experimental study with a pre-post test design with control group design. The sample of this study was 30 students in 5 grade in SDN Jatisawit and SDN Balecatatur I.

**Results:** The results showed that there was an effect of giving comic towards knowledge ( $p = 0,000$ ) and attitude ( $p = 0.003$ ) about *Isi Piringku* in elementary school students and there was a significant difference in knowledge between comic and leaflet ( $p = 0.036$ ) but there was not a significant difference in attitude between comic and leaflet ( $p = 0.146$ ).

**Conclusion:** There are differences in the values of the results of different tests of knowledge and attitude of elementary students before and after being given comic, and comic can improve students' knowledge and attitude about *Isi Piringku*.

**Keywords:** *Isi Piringku*, Comic, Leaflet, Knowledge, Attitude, Elementary School Students