

PENGARUH PEMBERIAN BUKU POP POP ZAGOTIK TERHADAP
PENINGKAT PENGETAHUAN TENTANG GAKY PADA ANAK SEKOLAH
DASAR DI SD NEGERI PAKIS 1 KABUPATEN MAGELANG

Reistika Wiyanda Saksono*, I Made Alit Gunawan, Almira Sitasari
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email : ws.reistika96@gmail.com

ABSTRAK

Latar Belakang : Promosi kesehatan dilakukan untuk mencegah dan menanggulangi masalah gizi yang ada di masyarakat pada suatu daerah, salah satunya adalah GAKY. Pakis merupakan kecamatan yang mempunyai prevalensi GAKY tertinggi yaitu 32% pada survei GAKY 2004. Kabupaten Magelang telah melakukan promosi kesehatan guna menanggulangi masalah GAKY, salah satunya penyuluhan yang dilakukan menggunakan media buku pintar GAKY. Buku pintar GAKY kurang begitu sesuai dengan anak sekolah dasar, maka diperlukan alternatif media yang lebih menarik yaitu buku pop-up yang diberi nama “POP POP ZAGOTIK”.

Tujuan Penelitian : Mengetahui pengaruh pemberian buku POP POP ZAGOTIK terhadap peningkatan pengetahuan tentang GAKY pada anak sekolah dasar di SD Negeri Pakis 1 Kabupaten Magelang.

Metode Penelitian : Jenis penelitian yang digunakan adalah eksperimental semu (*quasi experimental*) dengan rancangan (*Pretest-Posttest with Control Group Design*). Penelitian ini dilaksanakan pada bulan Mei 2018. Sampel pada penelitian ini adalah siswa SD kelas 3, 4 dan 5 di SD Negeri Pakis 1 dan SD Negeri Krasak sejumlah 59 siswa. Analisis data menggunakan *Wilcoxon Signed Rank* dan *Mann Whitney*.

Hasil Penelitian : Rata-rata skor pengetahuan anak mengenai GAKY sebelum dan sesudah pemberian buku POP POP ZAGOTIK (kelompok intervensi) 7,15 dan 12,00. Hasil uji *Wilcoxon Signed Rank* nilai Z yang didapat sebesar -6.699 dengan *p-value* (Asymp. Sig 2 tailed) sebesar 0.0001 dimana kurang dari batas kritis penelitian yaitu 0.050.

Kesimpulan : Ada pengaruh pemberian buku POP POP ZAGOTIK terhadap peningkatan pengetahuan tentang GAKY pada anak sekolah dasar di SD Negeri Pakis 1 Kabupaten Magelang.

Kata Kunci : media pop-up, pengetahuan, zat goitrogenik, GAKY

THE EFFECT OF GIVING POP POP ZAGOTIK BOOKS TOWARD
KNOWLEDGE ENHANCERS OF IODINE DEFICIENCY DISORDERS AT
STUDENTS IN THE PAKIS 1 STATE ELEMENTARY SCHOOL
MAGELANG REGENCY

Reistika Wiyanda Saksono*, I Made Alit Gunawan, Almira Sitasari
Department of Nutrition Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email : ws.reistika96@gmail.com

ABSTRACT

Background: health promotion is done to prevent and overcome the nutritional problems that exist in the community, one of the problems is iodine deficiency disorder. Pakis is one of district that have the highest prevalence of iodine deficiency disorder (32%) in the survey at 2004. Magelang Regency has been doing health promotion to overcome iodine deficiency disorder problems, that is counseling conducted using the media of iodine deficiency disorder smart books. The books is less suitable with students of elementary school, so needed alternative media which more interesting, that is the pop-up book that named “POP POP ZAGOTIK”.

Research Purpose: to know the effect of giving POP POP ZAGOTIK books toward knowledge enhancers of iodine deficiency disorders at students in the Pakis 1 State Elementary School Magelang Regency.

Research Method: the type of this research is Quasi Experimental with Pretest-Posttest with Control Group Design. This research held on Mei 2018. The sample of this research are students at Pakis 1 State Elementary School and Krasak State Elementary School with number 59 students. The data analyzed by Wilcoxon Signed Ranks and Mann Whitney.

Research Result: The average of knowledge score about iodine deficiency disorder before and after gave POP POP ZAGOTIK books (intervention group) are 7,15 and 12,00. The result from Wilcoxon Signed Rank are $Z = -6.699$ with *p-value* (Asymp Sig 2 tailed) = 0.0001 which less than the critical limits of the research that was 0,050.

Conclusion: there was the effect of giving POP POP ZAGOTIK books toward knowledge enhancers of iodine deficiency disorders at students in the Pakis 1 State Elementary School Magelang Regency.

Keywords: pop-up media, knowledge, iodine deficiency disorders