

THE EFFECTIVENESS OF USING A PAPAN PETAK PGS COMPARED TO A POSTER TOWARDS ELEMENTARY SCHOOL STUDENTS BALANCE NUTRITION KNOWLEDGE IN THE NUTRITION INFORMATION

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ABSTRACT

Background: Students face double nutrition issues, which are malnutrition and obesity. Nationally, students with the malnutrition prevalence was 11,2%, the stunting prevalence was 30,7%, and the obesity prevalence was 18,8%. So, the daily food was needed the balance nutrition guidelines.

Purpose: Knowing the effectiveness of using a papan petak PGS (balance nutrition guidelines) compared to a poster towards elementary school students balanced nutrition.

Methods: The research was experimental with design by doing pre test and post test to control and treatment groups. Test the hypothesis used was paired sample test and independent samples T-test.

Methods: The research was done by doing pre test and post test to two groups. The first group was given a papan petak PGS and the second group was given a poster. The statistic test used was independent samples T-test and dependent samples T-test.

Result: There was a significant increase the balance nutrition knowledge about 25,4 on students given the papan petak PGS. There was 6 students (23,1%) on pre test had good knowledge improve 21 students (80,8%) on post test. There was a significant increase the balance nutrition knowledge about 18,5 on students given the poster. There was 3 students (11,6%) on pre test had good knowledge improve 14 students (53,9%) on post test. There was a significant increase the balance nutrition knowledge on a papan petak PGS and poster about 6,9 on students.

Conclusion: The papan petak PGS was more effective to improve the elementary school students balance nutrition knowledge than the poster.

Keywords: Papan Petak PGS, Poster, Knowledge, PGS

EFEKTIVITAS PENGGUNAAN MEDIA PAPAN PETAK PGS DIBANDINGKAN POSTER PADA PENYULUHAN GIZI TERHADAP PENGETAHUAN GIZI SEIMBANG SISWA SEKOLAH DASAR

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ABSTRAK

Latar Belakang : Anak sekolah saat ini menghadapi masalah gizi ganda, yaitu gizi kurang dan gizi lebih. Secara nasional, anak sekolah dengan prevalensi kurus ada 11,2%, prevalensi pendek ada 30,7%, dan prevalensi gemuk sebesar 18,8%. Sehingga makanan sehari-hari perlu mengacu pada pedoman gizi seimbang.

Tujuan : Mengetahui efektifitas penggunaan media papan petak PGS (Pedoman Gizi Seimbang) dibandingkan media poster terhadap pengetahuan gizi seimbang siswa SD.

Metode : Penelitian experimental dengan desain penelitian pre test dan post test pada kelompok kontrol dan perlakuan. Untuk menguji hipotesis digunakan uji *paired sample test* dan *independent samples T-test*.

Hasil : Ada peningkatan pengetahuan gizi seimbang signifikan sebesar 25,4 pada siswa SD sebelum dan sesudah diberikan papan petak PGS. Pada pre test ada 6 siswa (23,1%) kategori baik meningkat menjadi 21 siswa (80,8%) pada post test. Ada peningkatan pengetahuan gizi seimbang signifikan sebesar 18,5 pada siswa SD sebelum dan sesudah diberikan poster. Pada pre test ada 3 siswa (11,6%) memiliki tingkat pengetahuan baik meningkat menjadi 14 siswa (53,9%) pada post test. Ada kenaikan signifikan media papan petak PGS dan media poster terhadap pengetahuan gizi seimbang pada siswa SD sebesar 6,9.

Kesimpulan : Media papan petak PGS lebih efektif meningkatkan pengetahuan gizi seimbang pada siswa SD dari pada poster.

Kata Kunci: Papan Petak PGS, Poster, Pengetahuan, PGS