

THE EFFECTIVENESS OF BALANCED NUTRITION MESSAGE STICKER  
ON BALANCED NUTRITION KNOWLEDGE OF  
ELEMENTARY SCHOOL STUDENTS

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**ABSTRACT**

**Background:** The results of Riskesdas 2018 show that there is a high prevalence of underweight and obese nutritional status in children. Health promotion efforts are carried out to help increase children's knowledge and attitudes about balanced nutrition messages using attractive and easy-to-understand educational media. So that it can help prevent and overcome the nutritional status of the underweight and obese children.

**Objective:** Knowing the difference in the effectiveness of providing education with stickers and power point media compared to providing education using only power point on students' knowledge and attitudes about balanced nutrition messages.

**Methods:** This type of research is a quasi-experimental study with a control group pretest-posttest design. The population in this study were students of SDN Kembangjitengan 2 and SDN Jatisawit with a sample of 96 students. Data analysis using Wilcoxon and Mann-Whitney test.

**Results:** The average knowledge score of balanced nutrition messages before giving stickers and power point media was 6,88 while the average knowledge score of balanced nutrition messages after giving stickers and power point media was 8,69. The results showed that there was an effect of using sticker media and power point on knowledge of balanced nutrition messages ( $p= 0.000$ ). The average score of balanced nutrition attitude before giving stickers and power point media was 34.15 while the average score of balanced nutrition attitude after giving stickers and power point media was 36.71. The results showed that there was an effect of using sticker media and power point on balanced nutrition attitudes ( $p= 0.000$ ).

**Conclusion:** There is an effect of providing sticker media on students' knowledge and attitudes about balanced nutrition messages.

**Keywords:** Media stickers, power point, knowledge, attitude, balanced nutrition.

# EFEKTIVITAS STIKER PESAN GIZI SEIMBANG TERHADAP PENGETAHUAN GIZI SEIMBANG SISWA SEKOLAH DASAR

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## ABSTRAK

**Latar Belakang:** Hasil Riskesdas 2018 menunjukkan adanya prevalensi status gizi kurus dan gemuk pada anak yang cukup tinggi. Upaya promosi kesehatan dilakukan untuk membantu meningkatkan pengetahuan dan sikap anak mengenai pesan gizi seimbang dengan menggunakan media edukasi yang menarik dan mudah dipahami. Sehingga dapat membantu pencegahan dan penanggulangan terhadap status gizi kurus dan gemuk pada anak.

**Tujuan:** Mengetahui perbedaan efektivitas pemberian edukasi dengan media stiker dan *power point* dibandingkan dengan pemberian edukasi hanya menggunakan *power point* terhadap pengetahuan dan sikap siswa tentang pesan gizi seimbang.

**Metode:** Jenis penelitian ini adalah penelitian *quasi experiment* dengan *control group pretest-posttest design*. Populasi dalam penelitian ini adalah siswa SDN Kembangjitengan 2 dan SDN Jatisawit dengan sampel penelitian sebanyak 96 siswa. Analisis data menggunakan Uji *Wilcoxon* dan *Mann-Whitney*.

**Hasil:** Rata-rata skor pengetahuan pesan gizi seimbang sebelum pemberian media stiker dan *power point* adalah 6,88 sedangkan rata-rata skor pengetahuan pesan gizi seimbang setelah pemberian media stiker dan *power point* adalah 8,69. Hasil penelitian menunjukkan adanya pengaruh penggunaan media stiker dan *power point* terhadap pengetahuan pesan gizi seimbang ( $p=0,000$ ). Rata-rata skor sikap gizi seimbang sebelum pemberian media stiker dan *power point* adalah 34,15 sedangkan rata-rata skor sikap gizi seimbang setelah pemberian media stiker dan *power point* adalah 36,71. Hasil penelitian menunjukkan adanya pengaruh penggunaan media stiker dan *power point* terhadap sikap gizi seimbang ( $p= 0,000$ ).

**Kesimpulan:** Ada pengaruh pemberian media stiker terhadap pengetahuan dan sikap siswa tentang pesan gizi seimbang.

**Kata Kunci:** Media stiker, *power point*, pengetahuan, sikap, gizi seimbang.