

**THE EFFECT OF MY NUTRITIONAL EXPLANATION
USING EXPLOSION BOX & LEAFLET MEDIA ON KNOWLEDGE OF
ELEMENTARY SCHOOL CHILDREN**

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ABSTRACT

Background: One of the factors that cause nutritional problems in elementary school children is the lack of knowledge about balanced nutrition. Education on nutrition education is a way to increase knowledge. One of the efforts to increase nutrition knowledge is by providing nutrition education using media.

Objective: media *explosion box* and *leaflet* on increasing the knowledge of elementary school children.

Research Methods: This study *quasi-experimental* design using the *Nonequivalent Control Group Design/Nonrandomized pretest-posttest control group design*. The intervention provided was the education on the nutritional knowledge of the contents of my plate using the *explosion box* and *leaflet media*. The research sample this time was the fifth-grade students of SD Negeri in Lhokseumawe who were selected randomly by paying attention to school strata, with 40 students each. Knowledge is measured using a questionnaire that will be given before and after the intervention. The data on the average difference in knowledge values were analyzed using the *Paired sample T-Test*.

Result:Media *explosion box* increased by 2.7 probability value $p= 0.000$. Meanwhile, it is known that the average value of knowledge using *leaflet* increased by 1.6 $p =0.000$.

Conclusion: media *Explosion box* is more effective in increasing knowledge about nutrition on my plate than the *leaflet*.

Keywords: elementary school-age children, knowledge of nutrition, explosion box media, leaflet med

**PENGARUH PEMBERIAN PENYULUHAN GIZI ISI PIRINGKU
MENGUNAKAN MEDIA EXPLOSION BOX DAN LEAFLET
TERHADAP PENGETAHUAN ANAK SEKOLAH DASAR**

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ABSTRAK

Latar Belakang: Salah satu faktor yang menyebabkan masalah gizi pada anak sekolah dasar yakni kurangnya pengetahuan mengenai gizi seimbang. Edukasi mengenai pendidikan gizi merupakan cara untuk meningkatkan pengetahuan. Salah satu upaya meningkatkan pengetahuan gizi dengan memberikan pendidikan gizi menggunakan media.

Tujuan: Mengetahui pengaruh pemberian media *explosion box* dan *leaflet* terhadap peningkatan pengetahuan anak sekolah dasar.

Metode Penelitian: Penelitian ini menggunakan *quasi experiment* dengan menggunakan desain *Nonequivalent Control Group Design/Nonrandomized pretest-posttest control group design*. Intervensi yang diberikan adalah edukasi pengetahuan gizi isi piringku menggunakan media *explosion box* dan *leaflet*. Sampel penelitian kali ini siswa kelas V SD Negeri di Lhokseumawe yang dipilih secara random dengan memperhatikan strata sekolah, dengan masing masing sebanyak 40 siswa. Pengetahuan diukur menggunakan kuisioner yang akan diberikan sebelum dan sesudah diberikan intervensi. Data perbedaan rata-rata nilai pengetahuan di analisis menggunakan uji *Paired sample T-Test*.

Hasil: Media *explosion box* meningkat 2,7 nilai probabilitas $p=0,000$. Sementara diketahui hasil nilai rerata pengetahuan menggunakan media *leaflet* meningkat 1,6 $p=0,000$.

Kesimpulan: Media *explosion box* lebih efektif dalam meningkatkan pengetahuan mengenai gizi isi piringku dibandingkan media *leaflet*.

Kata Kunci: anak usia sekolah dasar, pengetahuan gizi, media *explosion box*, media *leaflet*