

**PENGARUH PENGGUNAAN BOOKLET GIZI SEIMBANG TERHADAP
PENGETAHUAN ORANG TUA TENTANG GIZI SEIMBANG PADA
MAKANAN BEKAL SEKOLAH**

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ABSTRAK

Latar Belakang : Data Riset Kesehatan Dasar (Riskesdas) tahun 2018 menunjukkan bahwa sebesar 9,2% anak usia 5–12 tahun di Indonesia mengalami *wasting*. Selain *wasting*, prevalensi obesitas pada anak usia 5–12 tahun juga tergolong tinggi yaitu 20%. Provinsi DI Yogyakarta , memiliki prevalensi gizi lebih sebesar 21,1% dan gizi kurang 8,3% pada anak usia 5–12 tahun

Tujuan: Mengetahui penggunaan booklet gizi seimbang terhadap pengetahuan orang tua tentang gizi seimbang pada makanan bekal sekolah

Metode : Jenis penelitian ini adalah eksperimental semu (quasi experimental) dilakukan perlakuan dengan *pretest* dan *posttest*. Sampel penelitian adalah orang tua anak di TK PKK Maguwoharjo dan TK Darussalam

Hasil : Berdasarkan hasil penelitian sebelum di berikan media booklet (*pretest*) tingkat pengetahuan orang tua yang dominan adalah kriteria baik sebanyak 18 orang (50%) dan setelah diberikan media booklet (*posttest*) mengalami peningkatan pengetahuan dengan kriteria baik sebanyak 26 orang (72,22%).

Kesimpulan : Terdapat pengaruh penggunaan booklet dan leaflet terhadap pengetahuan orang tua tentang gizi seimbang pada makanan bekal sekolah

Kata Kunci : gizi seimbang, orang tua, bekal sekolah, pengetahuan, booklet

THE EFFECT OF THE USE OF BALANCED NUTRITION BOOKLET ON PARENTS' KNOWLEDGE ABOUT BALANCED NUTRITION IN SCHOOL SUPPLIES FOOD

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ABSTRACT

Background: The 2018 Basic Health Research (Riskesdas) data shows that 9.2% of children aged 5–12 years in Indonesia experience wasting. In addition to wasting, the prevalence of obesity in children aged 5-12 years is also high, namely 20%. DI Yogyakarta Province, has a prevalence of overnutrition of 21.1% and undernutrition of 8.3% in children aged 5–12 years.

Objective: To determine the use of balanced nutrition booklets on parental knowledge about balanced nutrition in school lunches

Method : This type of research is a quasi-experimental (quasi-experimental) treatment with pre and post tests. The research sample was parents of children in TK PKK Maguwoharjo and TK Darussalam

Results: Based on the results of the study before being given a media booklet (pretest) the dominant level of parental knowledge was good criteria as many as 18 people (50%) and after being given a media booklet (posttest) experienced an increase in knowledge with good criteria as many as 26 people (72.22%).

Conclusion: There is an effect of using booklets and leaflets on parents' knowledge about balanced nutrition in school lunches

Keywords : balanced nutrition, parents, school supplies, knowledge, booklets