

ABSTRAK

PENGARUH EDUKASI GIZI DENGAN METODE *ROLE PLAY* 'HESTY: *HEALTHY SNACK TASTY*' TERHADAP PENGETAHUAN DAN AKTIVITAS FISIK ANAK SEKOLAH DASAR

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Latar Belakang: Obesitas pada anak usia sekolah dasar di D.I Yogyakarta menjadi perhatian penting karena tingginya prevalensi dan risiko gangguan kesehatan jangka panjang, baik secara fisik maupun psikososial. Edukasi gizi sejak dini melalui pendekatan pembelajaran yang interaktif seperti metode *role play* dapat menjadi strategi preventif yang efektif untuk meningkatkan pengetahuan dan aktivitas fisik anak.

Tujuan: Mengetahui efektivitas penggunaan metode *role play* HESTY dalam edukasi gizi terhadap pengetahuan dan aktivitas fisik pada siswa SD.

Metode: Penelitian ini merupakan eksperimen semu dengan desain *pre-test and post-test nonequivalent control group*. Sampel terdiri dari 71 siswa kelas V SD yang dibagi menjadi dua kelompok, yakni kelompok perlakuan (metode *role play*) berjumlah 36 siswa dan kelompok kontrol (metode ceramah) berjumlah 35 siswa. Data pengetahuan dan aktivitas fisik dianalisis menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil: Hasil uji *Wilcoxon* menunjukkan adanya peningkatan pengetahuan dan aktivitas fisik pada kelompok perlakuan dan kontrol. Pada pengetahuan nilai kelompok perlakuan $p=0,0001$ meningkat 21,35 dan kontrol sebesar $p=0,001$ meningkat 6,1. Sedangkan, pada aktivitas fisik nilai kelompok perlakuan $p=0,0001$ meningkat 0,16 dan kontrol sebesar $p=0,001$ meningkat 0,1. Hasil uji *Mann-whitney* menunjukkan bahwa metode *role play* lebih efektif dibanding metode ceramah dalam peningkatan skor pengetahuan ($p=0,000$) dan aktivitas fisik ($p=0,017$).

Kesimpulan: Edukasi gizi menggunakan metode *role play* "HESTY" efektif dalam meningkatkan pengetahuan dan aktivitas fisik siswa sekolah dasar. Metode ini dapat digunakan sebagai permainan edukatif setelah Jumat Sehat di SDN Jetis 1 dan kegiatan pagi di SDN Tamansari I.

Kata Kunci: Edukasi gizi, *role play*, aktivitas fisik, pengetahuan, anak sekolah dasar, obesitas.

ABSTRACT

THE EFFECT OF NUTRITION EDUCATION USING THE ROLE PLAY METHOD 'HESTY: HEALTHY SNACK TASTY' ON THE KNOWLEDGE AND PHYSICAL ACTIVITY OF ELEMENTARY SCHOOL CHILDREN

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Background: Obesity among elementary school children in Yogyakarta is a major concern due to its high prevalence and the risk of long-term health problems, both physical and psychosocial. Early nutrition education through interactive learning approaches such as role play can be an effective preventive strategy to improve children's knowledge and physical activity.

Objective: To determine the effectiveness of the HESTY role-play method in nutrition education on knowledge and physical activity among elementary school students.

Method: This study is a quasi-experimental design with a pre-test and post-test nonequivalent control group. The sample consisted of 71 fifth-grade elementary school students divided into two groups, namely the treatment group (role-play method) consisting of 36 students and the control group (lecture method) consisting of 35 students. Knowledge and physical activity data were analyzed using the Wilcoxon test and the Mann-Whitney test.

Results: The Wilcoxon test results showed an increase in knowledge and physical activity in both the treatment and control groups. In terms of knowledge, the treatment group increased by 21.35 ($p=0.0001$), while the control group increased by 6.1 ($p=0.001$). Meanwhile, in terms of physical activity, the treatment group increased by 0.16 ($p=0.0001$) and the control group increased by 0.1 ($p=0.001$). The Mann-Whitney test results showed that the role-play method was more effective than the lecture method in improving knowledge scores ($p=0.000$) and physical activity ($p=0.017$).

Conclusion: Nutrition education using the "HESTY" role-play method is effective in improving the knowledge and physical activity of elementary school students. This method can be used as an educational game after Healthy Friday at SDN Jetis 1 and morning activities at SDN Tamansari I.

Keywords: Nutrition education, role-play, physical activity, knowledge, elementary school children, obesity.