

EFEKTIVITAS PENGGUNAAN MEDIA BUKU SAKU "PIRING SEHAT" DALAM PENYULUHAN GIZI TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP PEMILIHAN MAKANAN

Rahmah Dwi Yuliyanti¹, Slamet Iskandar², Nugraheni Tri Lestari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : rahmahdwi@gmail.com

ABSTRAK

Latar Belakang: Obesitas anak menjadi masalah kesehatan yang semakin meningkat di Indonesia, dengan prevalensi mencapai 19,7% pada anak usia 5–12 tahun (Kementerian Kesehatan, 2023), termasuk di Daerah Istimewa Yogyakarta sebesar 10,83%, dan tertinggi di Kabupaten Bantul sebesar 15,34% (Dinas Kesehatan DIY, 2024). Obesitas berdampak pada kondisi fisik, mental, dan sosial anak. Salah satu faktor utama penyebabnya adalah perilaku makan yang tidak sehat akibat rendahnya pengetahuan gizi. Edukasi gizi sejak dini penting dilakukan, salah satunya melalui media buku saku yang menarik dan mudah dipahami anak.

Tujuan: Mengetahui efektivitas penggunaan media buku saku "PIRING SEHAT" dalam penyuluhan gizi terhadap peningkatan pengetahuan dan sikap pemilihan makanan sesuai prinsip Isi Piringku sebagai upaya pencegahan obesitas pada siswa sekolah dasar.

Metode: Jenis penelitian ini adalah kuantitatif dengan desain *quasy experiment* menggunakan *pre and posttest with control group design*. Kelompok eksperimen diberikan penyuluhan dengan media buku saku, sedangkan kelompok kontrol menggunakan *leaflet*. Hasil dibandingkan untuk menilai efektivitas media buku saku sebagai sarana edukasi gizi.

Hasil: Terdapat peningkatan pengetahuan dan sikap siswa sebelum dan sesudah diberikan penyuluhan gizi menggunakan media buku saku "PIRING SEHAT" maupun media *leaflet* "PIRING SEHAT" ($p < 0,05$). Hasil uji efektivitas menunjukkan bahwa media buku saku "PIRING SEHAT" lebih efektif dalam meningkatkan pengetahuan siswa dibandingkan media *leaflet*, dengan nilai mean rank peningkatan pengetahuan sebesar 34,32 pada kelompok buku saku dan 22,68 pada kelompok *leaflet* ($p = 0,006$). Sementara itu, peningkatan sikap pada kelompok buku saku memiliki mean rank sebesar 30,93 dan kelompok *leaflet* sebesar 26,07, namun perbedaannya tidak signifikan secara statistik ($p = 0,235$), sehingga kedua media memiliki efektivitas yang relatif sama dalam meningkatkan sikap siswa.

Kesimpulan: Media buku saku "PIRING SEHAT" lebih efektif dibandingkan media *leaflet* "PIRING SEHAT" dalam meningkatkan pengetahuan siswa sekolah dasar mengenai prinsip Isi Piringku. Namun, pada aspek sikap pemilihan makanan, media buku saku dan *leaflet* memiliki efektivitas yang relatif sama.

Kata Kunci: buku saku, isi piringku, obesitas, pengetahuan, sikap

THE EFFECTIVENESS OF USING THE “PIRING SEHAT” POCKET BOOK AS A NUTRITION EDUCATION TOOL IN IMPROVING KNOWLEDGE AND ATTITUDES TOWARD FOOD SELECTION

Rahmah Dwi Yuliyanti¹, Slamet Iskandar², Nugraheni Tri Lestari³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : rahmahdwi@gmail.com

ABSTRACT

Background: Childhood obesity is becoming an increasingly serious health issue in Indonesia, with a prevalence rate of 19.7% among children aged 5–12 years (Ministry of Health, 2023), including 10.83% in the Special Region of Yogyakarta and the highest rate of 15.34% in Bantul Regency (DIY Health Office, 2024). Obesity affects children's physical, mental, and social well-being. One of the main factors contributing to this problem is unhealthy eating habits due to a lack of nutritional knowledge. Early nutrition education is important, and one way to achieve this is through pocket books that are interesting and easy for children to understand.

Objective: Determining the effectiveness of using the “PIRING SEHAT” pocket book as a nutrition education tool in improving knowledge and attitudes toward food selection in accordance with the principles of *Isi Piringku* as a means of preventing obesity among elementary school students.

Method: This research is quantitative in nature, using a quasi-experimental design with pre- and *post-tests* and a control group. The experimental group was given counseling using pocket books, while the control group used *leaflets*. The results were compared to assess the effectiveness of pocket books as a means of nutrition education.

Results: There was an increase in students' knowledge and attitudes before and after receiving nutrition education using either the “PIRING SEHAT” pocket guide or the “PIRING SEHAT” *leaflet* ($p < 0.05$). The results of the effectiveness test showed that the “PIRING SEHAT” pocket guide was more effective in improving students' knowledge than the *leaflet*, with a mean rank of 34.32 for the pocket guide group and 22.68 for the *leaflet* group ($p = 0.006$). Meanwhile, the increase in attitude in the pocket guide group had a mean rank of 30.93 and in the *leaflet* group of 26.07; however, the difference was not statistically significant ($p = 0.235$), indicating that both media were relatively equally effective in improving students' attitudes.

Conclusion: The “PIRING SEHAT” pocket guide was more effective than the “PIRING SEHAT” *leaflet* in improving elementary school students' knowledge of the “My Plate” principles. However, in terms of food choice attitudes, the pocket guide and the *leaflet* were relatively equally effective.

Keywords: pocket book, contents of my plate, obesity, knowledge, attitude