

**THE EFFECTIVENESS OF USING THE ILLUSTRATED STORYBOOK
IN IMPROVING KNOWLEDGE AND ATTITUDES TOWARD
BALANCED NUTRITION AMONG FIFTH-GRADE
ELEMENTARY SCHOOL STUDENTS**

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ABSTRACT

Background: Nutrition plays a crucial role in children's growth and academic performance. However, Indonesia still faces nutritional issues among elementary school children, such as stunting, obesity, and low awareness of healthy lifestyles. Riskesdas 2018 and SKI 2023 data indicate a high prevalence of these issues, requiring further intervention. Nutrition education through visual media, such as illustrated storybooks, has been proven effective in enhancing children's understanding and behavior toward balanced nutrition.

Objective : To determine the effectiveness of the illustrated storybook in improving knowledge and behavior regarding balanced nutrition among fifth-grade students elementary school.

Methods: This study utilized a quasi-experimental design with a pretest-posttest comparison group design. It was conducted in Pajangan District, Bantul, Yogyakarta. A sample of 64 fifth-grade students was equally assigned to either the experimental or the control. Data were collected using a multiple-choice knowledge questionnaire and a Likert-scale attitude questionnaire. Data analysis involved paired sample t-test, Wilcoxon, independent sample t-test, and Mann-Whitney tests.

Results: There were significant increases in the mean scores of both knowledge and attitudes regarding balanced nutrition from pretest to posttest 1 and posttest 2 within each group ($p < 0.05$). However, bivariate analysis revealed no significant differences in effectiveness between the illustrated storybook and the poster in improving students' knowledge ($p > 0.05$) or attitudes ($p > 0.05$).

Conclusion: Both the illustrated storybook and the poster are equally effective and feasible tools for nutrition education to enhance knowledge and attitudes regarding balanced nutrition in elementary school students.

Keywords : illustrated storybook, knowledge, attitude, balanced nutrition

**EFEKTIVITAS PENGGUNAN MEDIA CERITA BERGAMBAR
TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP GIZI
SEIMBANG PADA SISWA KELAS V SEKOLAH DASAR**

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ABSTRAK

Latar Belakang: Indonesia masih menghadapi tantangan gizi pada anak sekolah dasar, termasuk gizi kurang, obesitas, serta rendahnya kesadaran akan pola hidup sehat. Berdasarkan data Riskesdas 2018 dan SKI 2023, prevalensi stunting dan obesitas masih tinggi, menunjukkan perlunya intervensi gizi lebih lanjut. Salah satu pendekatan efektif dalam edukasi gizi adalah penggunaan media visual seperti buku cerita bergambar, yang dapat membantu meningkatkan pemahaman dan sikap anak terhadap pola makan sehat secara lebih menarik dan efektif.

Tujuan: Mengetahui efektivitas pemberian media cerita bergambar terhadap perubahan pengetahuan dan sikap gizi seimbang pada siswa kelas V Sekolah Dasar.

Metode: Penelitian ini merupakan penelitian kuasi-eksperimental dengan rancangan *pretest-posttest with comparison group*. Penelitian dilaksanakan di Kecamatan Pajangan, Bantul, Yogyakarta. Sampel penelitian berjumlah 64 siswa kelas V yang terbagi secara merata ke dalam kelompok eksperimen dan kelompok pembandingan. Instrumen pengumpulan data berupa kuesioner pengetahuan pilihan ganda dan kuesioner sikap skala *Likert*. Analisis data menggunakan uji *paired sample t-test*, uji Wilcoxon, uji *independent sample t-test*, dan uji *Mann-Whitney*.

Hasil: Terdapat peningkatan skor rata-rata pengetahuan dan sikap gizi seimbang yang signifikan dari *pretest* ke *posttest 1* dan *posttest 2* pada kelompok eksperimen maupun kelompok pembandingan ($p < 0,05$). Namun, hasil analisis bivariat menunjukkan tidak ada perbedaan efektivitas yang signifikan antara penggunaan media buku cerita bergambar dan poster dalam meningkatkan pengetahuan ($p > 0,05$) maupun sikap siswa ($p > 0,05$).

Kesimpulan: Media buku cerita bergambar dan poster sama-sama efektif dan layak digunakan sebagai media intervensi untuk meningkatkan pengetahuan dan sikap mengenai gizi seimbang bagi siswa sekolah dasar.

Kata Kunci : buku cerita bergambar, pengetahuan, sikap, gizi seimbang