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PENGARUH PENYULUHAN GIZI DISERTAI PERMAINAN “COCOK GAMBAR BERENKLEK RIA ISI PIRINGKU” TERHADAP PENGETAHUAN GIZI ISI PIRINGKU PADA ANAK SEKOLAH DASAR DI YAYASAN *SOS CHILDREN’S VILLAGE* SEMARANG

ABSTRAK

Latar Belakang : Anak usia sekolah memerlukan pendidikan gizi untuk mencegah kejadian masalah gizi kurang maupun lebih. Dari survei awal terdapat 23.3% anak di *SOS Children’s Village* Semarang yang memiliki pengetahuan kurang mengenai isi piringku. Pendidikan gizi disertai permainan efektif untuk anak sekolah dasar.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan media game edukasi sebagai saran pendidikan gizi terhadap peningkatan pengetahuan isi piringku pada anak sekolah dasar di *SOS Children’s Village* Semarang.

Metode : Penelitian ini menggunakan desain penelitian *pre-eksperimen* dengan model desain *one-group pretest-posttest desain*. Pengambilan sampel dengan menggunakan teknik *total sampling* yang berarti pemilihan sampel berdasarkan pertimbangan tertentu, sebanyak 15 sampel. Metode pengumpulan data yang digunakan yaitu angket. Analisis data menggunakan uji *paired t-test* ($\alpha=0.05$).

Hasil : Hasil penelitian menunjukkan bahwa nilai rata-rata *pretest* adalah 45.78 dan nilai rata-rata *post-test* adalah 81.78. Hal ini berarti pengetahuan gizi anak mengalami peningkatan sebesar 36.00. Berdasarkan paparan diatas media permainan “Cocok Gambar Berengklek Ria Isi Piringku” dapat meningkatkan pengetahuan gizi pada anak sekolah dasar di *SOS Children’s Village* Semarang.

Simpulan : Ada pengaruh penyuluhan gizi yang disertai permainan terhadap pengetahuan anak usia sekolah dasar yang telah diberikan edukasi menggunakan media permainan cocok gambar berengklek ria isi piringku.

Kata Kunci : Pengetahuan, Isi piringku, Penyuluhan gizi, Permainan

Kepustakaan : 22

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**THE EFFECT OF NUTRITION COUNSELING ACCOMPANIED WITH THE GAME
“FIT A PICTURE OF MY PLATE FILLING” ON THE NUTRITIONAL KNOWLEDGE
OF MY PLATE CONTENTS IN ELEMENTARY SCHOOL CHILDREN AT SOS
CHILDREN'S VILLAGE SEMARANG**

ABSTRACT

Background : School-age children need nutrition education to prevent the occurrence of under or over nutrition problems. From the initial survey, there were 23.3% of the children in SOS Children's Village Semarang who had little knowledge about what was on my plate. Nutrition education accompanied by effective games for elementary school children.

Purpose : This study aims to determine the effect of using educational game media as a nutritional education suggestion on increasing knowledge of the contents of my plate in elementary school children at SOS Children's Village Semarang.

Methods : This study used a pre-experimental research design with a one-group pretest-posttest design model. Sampling using *total sampling* technique, which means the selection of samples based on certain considerations, a total of 15 samples. The data collection method used is a questionnaire. Data analysis used paired t-test ($\alpha=0.05$).

Results : The results showed that the average *pretest* score was 45.78 and the *post-test* average score was 81.78. This means that children's nutritional knowledge has increased by 36.00. Based on the explanation above, the media game "Cocok Gambar Berengklek Ria Isi Piringku" can increase nutrition knowledge in elementary school children at SOS Children's Village Semarang.

Conclusion : There is an effect of nutrition counseling accompanied by games on the knowledge of elementary school-age children who have been given education using game media according to pictures that squeal and fun fill my plate.

Keywords : Knowledge, Isi Piringku, Nutrition counseling, Games

Libraries : 22

