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**PERBEDAAN PENGETAHUAN SEBELUM DAN SESUDAH
PEMBERIAN PENDIDIKAN KESEHATAN TENTANG GIZI SEIMBANG
MELALUI MEDIA VIDEO ANIMASI DI SD MARDI RAHAYU
KABUPATEN SEMARANG**

xv + 61 halaman + 6 tabel + 9 gambar + 9 lampiran

ABSTRAK

Latar Belakang: Masalah Gizi merupakan masalah kesehatan utama di Indonesia, Status gizi anak Indonesia dengan status gizi kurang sebesar 17,7%, sedangkan gizi lebih di Indonesia dapat dilihat berdasarkan Indeks Massa Tubuh (IMT) umur 6-12 tahun 18,4%. Di Jawa Tengah prevalensi anak dengan status gizi kurang di Jawa Tengah sebesar 16,2%. Pengetahuan gizi memegang peranan penting dalam menentukan derajat kesehatan masyarakat. Berbagai masalah gizi dan kesehatan dapat terjadi karena kurangnya pengetahuan mengenai gizi seimbang, oleh karena itu pengetahuan dan pemahaman tentang gizi seimbang dapat dilakukan dengan memberikan pendidikan gizi melalui media animasi. Tujuan peneliti adalah mengetahui perbedaan pengetahuan sebelum dan sesudah pemberian pendidikan kesehatan tentang gizi seimbang melalui media video animasi di SD Mardi Rahayu Kabupaten Semarang.

Metode: Penelitian ini adalah *quasi experiment* dengan rancangan one group pretest posttest. Populasi penelitian ini adalah siswa kelas. 4,5, dan 6 SD Mardi Rahayu 01 sebanyak 93 siswa dengan teknik pengambilan sampel *simple random sampling* didapatkan Sampel sebanyak 38 siswa. Teknik analisis data menggunakan uji statistik t-test dependent.

Hasil: Rata-rata skor pengetahuan gizi seimbang sebelum pemberian media video animasi adalah 20,58 sedangkan rata-rata skor pengetahuan gizi seimbang sesudah pemberian media video animasi adalah 30,11. Hasil penelitian menunjukkan ada perbedaan pengetahuan sebelum dan sesudah pemberian pendidikan kesehatan tentang gizi seimbang melalui media video animasi ($p=0.000$).

Simpulan: Media video animasi berpengaruh terhadap pengetahuan tentang gizi seimbang.

Kata kunci : Pengetahuan, Media Animasi, Gizi Seimbang

Kepustakaan : 49 (2002-2019)

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THE DIFFERENCES ON KNOWLEDGE BEFORE AND AFTER GIVING HEALTH EDUCATION ABOUT BALANCE NUTRITION THROUGH VIDEO MEDIA ANIMATION ATSD MARDI RAHAYU SEMARANG REGENCY

xv + 61 pages + 6 tables + 9 pictures + 9 attachments

ABSTRACT

Background: Nutrition is a major health problem in Indonesia, The nutritional status of Indonesian children with malnutrition status was 17.7%, of over nutrition in Indonesia can be seen in the Body Mass Index (BMI) aged 6-12 years 18,4%. In Central Java the prevalence of children with malnutrition status in Central Java was 16.2%. Nutrition knowledge plays an important role in determining the degree of public health. Various nutrition and health problems can occur because of knowledge about balanced nutrition, because knowledge and understanding balanced nutrition can be done by providing nutrition education through animation media. The aim of the research is to know about the differences on knowledge before and after giving health education about balance nutrition through video media animation at SD Mardi Rahayu Semarang regency.

Method: This study was a *quasi-experimental* study by designing a pretest-posttest group. The population of this research were class students grade 4,5 and 6 at SD Mardi Rahayu 01 as many as 93 students with *simple random sampling* technique obtained samples of 38 students. The data analysis technique used dependent t-test statistical test.

Results: The average score of balanced nutrition knowledge before giving animation video media is 20.58 while the average score of balanced nutrition knowledge after giving animation video media is 30.11. The results show that there is the differences on knowledge before and after giving health education about balance nutrition through video media animation at SD Mardi Rahayu Semarang regency ($p = 0,000$).

Conclusion: Video media Animation influence knowledge about balanced nutrition.

Keywords : Knowledge, Media Animation, Balanced Nutrition

Literatures : 49 (2002-2019)