

# **PENGARUH METODE EMO DEMO “CEMILAN SEMBARANGAN” TERHADAP TINGKAT PENGETAHUAN, SIKAP, PERILAKU KONSUMSI SAYUR DAN BUAH SISWA KELAS 5 SDN 74 GRESIK**

## **ABSTRAK**

**Latar Belakang,** Data Riskesdas 2018 menunjukkan bahwa di Indonesia pada kelompok usia >5 tahun angka kurang konsumsi sayur dan buah mencapai 95,5 % dan di Jawa Timur mencapai 95,3% tergolong tinggi. Salah satu faktor penyebab adalah rendahnya pengetahuan mengenai gizi. Perlu dilakukan pendidikan gizi untuk meningkatkan pengetahuan. Salah satu metode yang dapat dilakukan adalah Emo demo. Peningkatan pengetahuan dapat mempengaruhi sikap serta pandangan kearah pola pemikiran yang lebih baik sehingga dapat meningkatkan kesadaran dan perilaku. **Tujuan,** Mengetahui pengaruh metode emodemo cemilan sembarangan terhadap tingkat pengetahuan, sikap, perilaku konsumsi sayur dan buah siswa kelas 5 SDN 74 Gresik. **Subyek dan metode,** Jenis penelitian ini adalah *pra Experimental Design* dengan *one grup Pre test* dan *Post test Design*. Penelitian dilaksanakan di SDN 74 Gresik dengan jumlah sampel sebanyak 32 responden yang diambil secara total sampling. Metode pengumpulan data dengan cara pengisian kuisioner *pretest* dan *posttest* untuk tingkat pengetahuan dan sikap. Sedangkan untuk tingkat perilaku konsumsi sayur dan buah dengan wawancara menggunakan *form FFQ*. Uji statistik menggunakan uji wilcoxon *signed rank test*. **Hasil Penelitian,** Hasil penelitian menunjukkan rata-rata skor pengetahuan meningkat 12,5. Rata-rata skor sikap meningkat 10,31. Rata-rata skor perilaku konsumsi sayur dan buah meningkat 118,81 setelah diberikan emo demo. Hasil uji statistik pada ketiga variabel (pengetahuan,sikap, perilaku) menunjukkan nilai *p-value=0,000*. **Kesimpulan Penelitian,** Menunjukkan ada pengaruh metode emo demo “cemilan sembarangan” terhadap tingkat pengetahuan, sikap, perilaku konsumsi sayur dan buah siswa kelas 5 SDN 74 Gresik maka diharapkan metode emo demo dapat dijadikan referensi penyuluhan pada promosi kesehatan.

*Kata Kunci: Emo Demo, Pengetahuan, Sikap, Perilaku Konsumsi Sayur Dan Buah*

**THE EFFECT OF THE “INDISCRIMINATE SNACKS” EMO DEMO  
METHOD ON THE LEVEL OF KNOWLEDGE, ATTITUDE,  
VEGETABLE AND FRUIT CONSUMPTION BEHAVIOR OF 5TH  
GRADERS SDN 74 GRESIK**

**ABSTRACT**

**Background**, Riskesdas data in 2018 shows that in Indonesia in the age group > 5 years the number of less consumption of vegetables and fruit reaches 95.5% and in East Java it reaches 95.3% which is quite high. One of the contributing factors is the lack of knowledge about nutrition. Nutrition education is needed to increase knowledge. One method that can be done is the Emo demo. Increased knowledge can influence attitudes and views towards better thinking patterns so that they can increase awareness and behavior. **Objective**, To determine the effect of the emodemo method on indiscriminate snacks on the level of knowledge, attitudes, and behavior of consuming vegetables and fruit in 5th grade students of SDN 74 Gresik. **Subjects and methods**, This type of research is pre-Experimental Design with one group Pre- test and Posttest Design . The research was conducted at SDN 74 Gresik with a total sample of 32 respondents who were taken by total sampling. The method of collecting data was by filling out pretest and posttest questionnaires for the level of knowledge and attitudes. Meanwhile, for the level of consumption behavior of vegetables and fruit by interview using the FFQ form . The statistical test used the Wilcoxon signed rank test. **Research Results** , The results showed the average knowledge score increased by 12.5. The average attitude score increased by 10.31. The average consumption behavior of vegetables and fruit increased by 118.81 after being given the emo demo. The results of statistical tests on the three variables (knowledge, attitude, behavior) showed a p-value = 0.000. **Research Conclusions**, Showing that there is an effect of the "indiscriminate snack" emo demo method on the level of knowledge, attitudes, and fruit consumption behavior of 5th graders at SDN 74 Gresik, it is hoped that the emo demo method can be used as a reference for counseling on health promotion .

*Keywords: Emo Demo, Knowledge, Attitude, Vegetable and Fruit Consumption Behavior*