

PENGARUH METODE CERAMAH & MEDIA LEAFLET TERHADAP PENGETAHUAN DAN SIKAP TENTANG 4 PILAR GIZI SEIMBANG PADA SISWA MIS AL-AZHAR

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ABSTRAK

Latar Belakang: Anak usia sekolah merupakan anak yang mulai memasuki rentang usia 6 sampai 12 tahun. Empat Pilar Gizi Seimbang merupakan rangkaian upaya menyeimbangkan antara zat gizi yang keluar dan zat gizi yang masuk dengan memantau berat badan secara teratur. **Tujuan Penelitian:** Untuk mengetahui Pengaruh Metode Ceramah & Media Leaflet Terhadap Pengetahuan dan Sikap Tentang Empat Pilar Gizi Seimbang Pada Siswa di MIS Al-Azhar. **Metode Penelitian:** Penelitian *Pre experimental non randomized one group pretest posttest design* dilakukan pada siswa di MIS Al-Azhar dengan pengambilan sampel secara total sampling. Pengumpulan data menggunakan kuesioner. **Hasil Penelitian:** Terjadi peningkatan dalam pengetahuan dan sikap pada Siswa kelas 4, 5, dan 6 dengan kategori pengetahuan sebelum di berikan intervensi berupa ceramah dan media leaflet di dapat hasil baik (1,9%), cukup (34,6%), dan kurang (63,5%) kemudian pada hasil penelitan sesudah di berikan intervensi berupa ceramah dan media leaflet di dapat hasil baik (51,9%), cukup (30,8%), dan kurang (17,3%). Sedangkan, hasil penelitian pada sikap sebelum diberikan intervensi berupa ceramah dan media leaflet di dapat hasil baik (78,8%) dan kurang (21,2%) kemudian pada hasil penelitan sesudah di berikan intervensi berupa ceramah dan media leaflet di dapat hasil baik (94,2%) dan kurang (5,8%). Hasil *uji wilcoxon* menunjukkan ada perbedaan yang signifikan antara pengetahuan dan sikap siswa sebelum dan sesudah diberikan intervensi, dimana pengetahuan ($p\text{-value} = 0,000$) dan Sikap ($p\text{-value} = 0,021$). **Kesimpulan:** Dari hasil penelitian yang sudah dilakukan, terdapat perubahan yang signifikan antara pengetahuan dan sikap sebelum dan sesudah dilakukan intervensi berupa ceramah dan media leaflet. **Saran:** Disarankan untuk menggunakan metode ceramah dan leaflet dalam memberikan materi. Namun, ada baiknya peneliti menggunakan metode dan media lainnya untuk hasil yang lebih baik lagi.

Kata Kunci: Anak Sekolah, Empat Pilar Gizi Seimbang, Ceramah, Leaflet

**THE EFFECT OF LECTURE METHOD AND LEAFLET MEDIA ON
KNOWLEDGE AND ATTITUDE TOWARDS 4 BALANCED NUTRITION
PILLARS AMONG STUDENTS OF AL-AZHAR ISLAMIC ELEMENTARY
SCHOOL**

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ABSTRACT

Background: School-age children are those who are in the age range of 6 to 12 years. The Four Balanced Nutrition Pillars is a series of efforts to balance the outgoing and incoming nutrients by regularly monitoring body weight. **Research Objective:** To determine the Effect of Lecture and Leaflet Media Methods on Knowledge and Attitudes About Four Balanced Nutrition Pillars in Students at MIS Al-Azhar. **Research Method:** Pre-experimental non-randomized one-group pretest-posttest design was conducted on students at MIS Al-Azhar with total sampling. Data collection used questionnaires. **Results:** There was an increase in knowledge and attitudes in 4th, 5th, and 6th grade students with the category of knowledge before being given an intervention in the form of lectures and leaflet media obtained good results (1.9%), sufficient (34.6%), and less (63.5%) then in the research results after being given an intervention in the form of lectures and leaflet media obtained good results (51.9%), sufficient (30.8%), and less (17.3%). While the results of research on attitudes before being given an intervention in the form of lectures and leaflet media obtained good results (78.8%) and less (21.2%) then on the results of research after being given an intervention in the form of lectures and leaflet media obtained good results (94.2%) and less (5.8%). The results of the Wilcoxon test showed that there was a significant difference between students' knowledge and attitudes before and after the intervention, where knowledge (p -value = 0.000) and attitude (p -value = 0.021). **Conclusion:** From the results of the study that has been conducted, it was found that there was a significant change in knowledge and attitudes before and after the intervention in the form of lectures and leaflet media. **Suggestions:** It is recommended to use lecture and leaflet methods in delivering the material. However, it would be better if the researcher also uses other methods and media for even better results..

Keywords: School-Age Children, Four Balanced Nutrition Pillars, Lecture, Leaflet