



KEEFEKTIFAN MEDIA KOMIK GIZI SEIMBANG TERHADAP PENGETAHUAN GIZI SISWA KELAS V SD

Desta Ayu Indraswari¹, Yayuk Hartriyanti², Toto Sudargo³

INTISARI

Latar belakang: Salah satu permasalahan gizi yang perlu diperhatikan adalah beban ganda, terutama yang terjadi pada anak usia sekolah. Banyak anak sekolah mengalami gizi kurang, namun banyak pula anak yang mengalami gizi lebih. Hal tersebut terjadi salah satunya disebabkan oleh kurangnya pengetahuan anak mengenai gizi seimbang. Pemilihan media pembelajaran yang menarik dapat memengaruhi pemahaman siswa terhadap materi yang akan disampaikan. Penelitian ini dilakukan pada siswa kelas V SDN Tegalrejo 1 dan SDN Tegalrejo 2 di Kota Yogyakarta. Berdasarkan Riskesdas (2013), prevalensi gizi lebih anak usia 5-12 tahun di Kota Yogyakarta, yaitu sebesar 15,6% gemuk dan 14,2% obesitas. Sehingga, hal tersebut melatarbelakangi perlu diadakannya pendidikan gizi bagi anak usia sekolah dengan menggunakan media yang menarik dan mudah dimengerti. Berdasarkan pertimbangan tersebut, maka peneliti tertarik untuk meneliti keefektifan media komik gizi seimbang pada anak usia sekolah.

Tujuan: Mengetahui media yang efektif untuk peningkatan pengetahuan gizi seimbang pada siswa kelas V SDN Tegalrejo 1 dan SDN Tegalrejo 2.

Metode: Penelitian ini merupakan uji *quasi experimental* dengan pola *pre-test post-test with control group design* terhadap 27 siswa kelas V SDN Tegalrejo 1 dan SDN Tegalrejo 2 dengan membandingkan media komik dan *leaflet*. Pemberian intervensi dilakukan 2 hari setelah *pre-test* selama 14 hari dan pada hari ke-7 dilakukan monitoring respon siswa terhadap media edukasi. *Post-test* dilakukan setelah intervensi. Selain itu juga dilakukan pengisian kuesioner keterpaparan gadget untuk mengetahui pengaruhnya terhadap pengetahuan gizi siswa SD.

Hasil: Pengetahuan gizi pada kelompok komik mengalami peningkatan (10,00). Hal tersebut juga terjadi pada kelompok *leaflet* yang mengalami peningkatan (5,00). Berdasarkan uji statistik selisih nilai median *pre-test* dan *post-test* pada kelompok komik dan *leaflet* tidak memiliki perbedaan yang signifikan ($p > 0,05$).

Kesimpulan: Media komik secara praktik lebih efektif dalam peningkatan pengetahuan gizi pada siswa SD, walaupun secara statistik tidak ada perbedaan yang bermakna antara komik dan *leaflet* gizi seimbang.

Kata kunci: komik gizi seimbang, pengetahuan gizi, *leaflet* gizi seimbang, intervensi, siswa kelas V SD

¹ Mahasiswa Program Studi Gizi Kesehatan FK-KMK Universitas Gadjah Mada

² Dosen Program Studi Gizi Kesehatan FK-KMK Universitas Gadjah Mada

³ Dosen Program Studi Gizi Kesehatan FK-KMK Universitas Gadjah Mada



THE EFFECTIVENESS OF BALANCED NUTRITION COMIC MEDIA ON FIFTH GRADE STUDENTS' NUTRITION KNOWLEDGE

Desta Ayu Indraswari¹, Yayuk Hartriyanti², Toto Sudargo³

ABSTRACT

Background: One of nutritional problems that needs attention is the double burden of malnutrition, especially which occurs in school-aged children. Many school children experience undernutrition, on the other side, many children also experience over nutrition. One of the causes is the lack of knowledge among children about the balanced nutrition. The selection of interesting learning media influences the students' understanding on the topic to be discussed. Based on Riskesdas (2013), the prevalence of over nutrition for children aged 5-12 years in Yogyakarta City shows that 15.6% is overweight and 14.2% is obese. Thus, this numbers are the background to support the nutrition education for school-age children by using interesting and easy to understand learning media. Based on these considerations, the researcher was interested in examining the effectiveness of balanced nutrition comics media in school-age children.

Objective: Finding the effective medium to increase the knowledge of balanced nutrition among fifth graders in SDN Tegalrejo 1 and SDN Tegalrejo 2.

Methods: This research is a quasi-experimental test with a pre-test post-test with control group design. This study was conducted in 27 fifth graders in SDN 1 Tegalrejo and SDN Tegalrejo 2, Yogyakarta City, by comparing the use of comics and leaflets. The intervention was done in 2 days after pre-test and was held for 14 days. The monitoring for student responses toward the educational media was carried out on the 7th day. Post-test was carried out after the intervention. In addition, there was also a gadget exposure questionnaire to see the gadget's effect on elementary students' nutritional knowledge.

Results: Nutrition knowledge in the comic group increased (10.00). The knowledge in the leaflet group also increased (5.00). Based on statistical tests, the median scores of knowledge between pre-test and post-test in the comic and leaflet groups did not show a significant difference ($p > 0.05$).

Conclusion: Comic is more effective in increasing nutrition knowledge among elementary school students, despite the fact that there is no significant difference in statistics between balanced nutrition topic in comics and leaflets.

Keywords: balanced nutrition comics, nutritional knowledge, balanced nutrition leaflets, interventions, fifth grade elementary school students

¹ Undergraduate student of Health Nutrition Dept. FK-KMK Universitas Gadjah Mada

² Lecturer of Health Nutrition Dept. FK-KMK Universitas Gadjah Mada

³ Lecturer of Health Nutrition Dept. FK-KMK Universitas Gadjah Mada