

## **Pendidikan kesehatan *active learning* meningkatkan pengetahuan, sikap tentang makanan sehat anak usia sekolah : sebuah studi eksperiment**

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### **ABSTRAK**

**Latar belakang:** Pengetahuan dan sikap tentang makanan sehat berpengaruh pada pertumbuhan, perkembangan dan proses belajar anak usia sekolah. Kecamatan Cangkringan, Yogyakarta Indonesia merupakan tempat terparah dampak dari letusan gunung merapi pada tahun 2010. Tujuan dari penelitian ini untuk mengetahui pengaruh pendidikan kesehatan terhadap peningkatan pengetahuan dan sikap tentang makanan sehat anak usia sekolah di Kecamatan Cangkringan Yogyakarta dengan menggunakan model pembelajaran *active learning* dengan proses pembelajaran di kelas dan lomba memasak.

**Metode :** Jumlah responden dalam penelian ini adalah 338 anak usia sekolah, terdiri dari 134 anak laki – laki dan 204 anak perempuan yang tinggal di kecamatan Cangkringan. Semua responden dalam penelitian ini diberikan informed concent yang diisi oleh orangtua. Terdapat 20 sekolah dasar yang terbagi menjadi 36 group, masing – masing group terdiri 10 anak. Intervensi pendidikan kesehatan terdiri dari 2 kali yaitu pembelajran di kelas dan pembelajaran dengan lomba memasak. Peneliti menggunakan media lembar balik dan *booklet* dalam pembelajaran di kelas. Instrumen penelitian diadaptasi *dari the guideline for assessing nutrition related knowledge, attitudes and practices from Food Agriculture Organization, in Rome (2014)*. Untuk melakukan analisis pengetahuan dan sikap diukur dengan *pre test* dan *post test*, kemudian data dilakukan analisis menggunakan uji *paired t-test* dan *wilcoxon range test*.

**Hasil:** Pengetahuan pada sampel mengalami peningkatan, sebelum intervensi 10,47 ±2,9% dan setelah intervensi 12,35±2,6 %; sedangkan sikap pada sampel mengalami peningkatan, sebelum intervensi 27,98 % dengan median 28 dan setelah intervensi 29,04 dengan median 29.

**Kesimpulan :** Pendidikan kesehatan dengan menggunakan metode learning with fun dapat meningkatkan pengetahuan dan sikap tentang makanan sehat pada anak usia sekolah.

**Kata Kunci :** Pendidikan kesehatan, pembelajaran menyenangkan, pembelajaran berpusat pada siswa

## Promoting healthy food education for elementary school children at post Merapi eruption area of Cangkringan district, Yogyakarta, Indonesia: an experiment study using ‘learning with fun’ approach

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### ABSTRACT

**Background:** Knowledge and attitudes towards healthy food intake influence growth and development and learning process of school-aged children. Cangkringan district, of Yogyakarta, Indonesia was the worst area affected by Merapi eruption in 2010. This study is aimed to determine the effect of health education to increase knowledge and attitudes towards healthy food intake for elementary school children at Cangkringan district, Yogyakarta, using learning with fun approach with series of interesting cooking classes.

**Method:** Respondent of this study was 338 elementary school children, boys are 134, girls are 204 and between 8 – 10 years old who lives at Cangkringan district. All subjects of this study willing to filled-in an informed consent. There are 20 elementary schools involved and we divided them into 36 groups. Intervention of this study was serial of health education via ‘learning with fun approach’ or cooking classes, in which using a student-centered learning method about healthy food comprehensively. The authors developed all tools and instruments for this study consist of flipchart, booklet, questionnaires of knowledge and attitude towards health food, and cooking demonstrations. The construct of content was adapted from the guideline for assessing nutrition related knowledge, attitudes and practices from Food and Agriculture Organization, in Rome (2014). We analyzed the knowledge and attitude of the subject on pre and posttest design using paired *t-test* and Wilcoxon *range test*.

**Results:** The results showed significant increasing knowledge towards healthy food intake 10,47 ±2,9% and post intervention 12,35±2,6 %; and attitude before intervention, 27,98 % with median 28 post intervention 29,04 with median 29 ( $p < 0.001$  for both knowledge and attitude) of all subject of this study.

**Conclusion:** Health education using ‘learning with fun’ method may increase knowledge and attitude of elementary school children. Furthermore, series of cooking-classes as a student-centered learning approach which emphasized contextual, collaborative and constructive method of learning increased motivation and satisfaction of the students.

**Keyword:** Health education, learning with fun approach, student-centered learning