

## INTISARI

Makanan jajanan yang berbahaya mempunyai risiko terhadap kesehatan. Penyuluhan dapat digunakan untuk mengurangi paparan murid SD terhadap makanan jajanan yang tidak aman. Tujuan penelitian untuk mengetahui pengaruh penyuluhan dengan metode ceramah terhadap peningkatan pengetahuan murid SD di Kecamatan Mlati dalam memilih jajanan.

Desain penelitian adalah *pre experimental* dengan rancangan *one group pre test and post test design*. Penelitian dilakukan di Kecamatan Mlati pada bulan Februari-April 2015 dengan melibatkan 7 Sekolah Dasar Negeri. Populasi dalam penelitian adalah seluruh murid kelas V (lima) SDN di Kecamatan Mlati yang berjumlah 844 murid. Penentuan sampel dilakukan secara *quota sampling*, yang hasilnya berjumlah 300 murid. Pengumpulan data dengan memberikan kuesioner *pre test* dan *post test*. Data dianalisis menggunakan uji *Wilcoxon* dengan taraf signifikansi 5% untuk melihat perbedaan tingkat pengetahuan sebelum dan setelah diberikan intervensi.

Hasil penelitian menunjukkan bahwa pengetahuan murid sebelum diberikan penyuluhan dengan metode ceramah mayoritas berpengetahuan sedang (47%). Setelah pemberian penyuluhan dengan metode ceramah mayoritas murid berpengetahuan tinggi (70%). Hasil *pre test* diperoleh skor rata-rata = 5,79, sedangkan pada *post test* didapatkan skor rata-rata = 8,15. Hasil pengujian hipotesis dengan menggunakan uji *Wilcoxon* diperoleh nilai signifikansi sebesar 0,000 yang menunjukkan bahwa penyuluhan dengan metode ceramah berpengaruh secara signifikan terhadap peningkatan pengetahuan murid SD dalam memilih jajanan.

Kata kunci : penyuluhan, pengetahuan, makanan jajanan, murid SD

## **ABSTRACT**

Many snacks which are dangerous commonly have a greater risk to human's health. Therefore, counseling is expected to decrease elementary school students' view of the unsafe food. The research is aimed at analyzing the effect of counseling with the lecture method to increase elementary school student's knowledge in choosing snacks in Kecamatan Mlati.

This research was classified as pre-experimental using one group pre-test and post-test design. The research was conducted in Kecamatan Mlati for the period February to April 2015 involving 7 Elementary Schools. The population of this study consisted of the fifth grade students in Kecamatan Mlati which consisted of 844 students. Sampling was done by applying quota sampling in which the amounts of students were 300. To obtain data analysis, the researcher employed Wilcoxon signed rank-test 5% to compare the level of knowledge before and after an intervention.

The results of the research showed that the students' level of knowledge before being given counseling with lecture method is 47%, which means that the majority of students have medium knowledge. After being given counseling with lecture method, the majority of students have high knowledge (70%). The mean value of pre-test is 5.79, while the mean value of post-test is 8.15. The results of hypothesis testing using Wilcoxon test resulted the significance level of 0.000, which indicated that counseling with lecture method had a huge significance to increase elementary school student's knowledge in choosing snacks.

**Keywords:** counseling, knowledge, snacks, elementary school student