

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

Skripsi, Juni 2016

ROSALIANA, No. BP. 1210331019

**EFEKTIVITAS PENDIDIKAN GIZI DENGAN METODE CERAMAH
MENGUNAKAN PUZZLE DAN PAPAN FLANEL TERHADAP
PENINGKATAN PENGETAHUAN GIZI SEIMBANG SISWA KELAS V DI
SD NEGERI 1 DAN SD NEGERI 12 SUMPUR KUDUS TAHUN 2016**

x + 95 halaman, 15 tabel, 5 gambar, 15 lampiran

ABSTRAK

Tujuan

Permasalahan gizi yang terjadi pada anak usia sekolah salah satunya disebabkan karena kurangnya pengetahuan tentang gizi seimbang. Berbagai cara dapat dilakukan untuk meningkatkan pengetahuan tentang gizi seimbang, salah satunya melalui pendidikan gizi. Penelitian ini bertujuan untuk mengetahui efektivitas media *puzzle* dan papan flanel terhadap peningkatan pengetahuan gizi pada siswa kelas V di SDN 1 dan SDN 12 Sumpur Kudus.

Metode

Jenis penelitian ini adalah *quasi eksperimen* dengan *pre-post test two group design*. Populasi studi penelitian ini adalah siswa kelas V SDN 1 dan SDN 12 Sumpur Kudus sebanyak 60 siswa. Data pengetahuan gizi seimbang diperoleh dari kuesioner. Analisis data menggunakan uji *wilcoxon*, *paired sample test*, *mann whitney test* dan *independen sample t-test*.

Hasil

Analisis data menunjukkan bahwa terjadi peningkatan pengetahuan gizi seimbang sebelum dan sesudah intervensi menggunakan media *puzzle* dan papan flanel ($P < 0.005$). Tidak terdapat perbedaan selisih rata-rata skor pengetahuan gizi seimbang antara kelompok perlakuan ($P > 0.05$).

Kesimpulan

Media *puzzle* dan papan flanel efektif dalam meningkatkan pengetahuan gizi seimbang siswa. Tidak ada perbedaan selisih rata-rata skor pengetahuan gizi seimbang antara kelompok perlakuan. Perlu diadakan pengembangan dan pembaharuan metode dan media yang digunakan dalam proses pembelajaran gizi seimbang.

Daftar pustaka: 48 (1984-2015)

Kata kunci: Pendidikan Gizi, Pengetahuan Gizi Seimbang, Puzzle, Papan flanel

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, Juni 2016

ROSALIANA, No. BP. 1210331019

EFFECTIVENESS OF NUTRITION EDUCATION WITH SPEECH METHOD USE MEDIA PUZZLE AND FLANNLE BOARD ON INCREASE KNOWLEDGE OF BALANCED NUTRITION TO STUDENT 5th GRADE IN 1 AND 12 ELEMENTARY SCHOOL SUMPUR KUDUS.

x + 95 pages, 15 table, 5 pictures, 15 appendices

ABSTRACT

Objective

Nutritional problems are more common in the children of primary school age is due to a lack knowledge and undertsanding of nutrition. Various ways can be done to increase knowledge of balanced nutrition, one of them is by providing nutrition education. Puspose of the research to determine the effectiveness of nutrition education with speech method use media puzzle and flannel board on increase knowledge of balanced nutrition to student 5th grade in 1 and 12 elementary school sumpur kudus.

Method

The research was a quasi-experimental pre-post test two group design. The population in this study was 5th grader elementary school. Subject in this study were 60 elementary school children. Data their knowledge about nutrition balanced nutrition obtained from the questionnaire. Analysisi data using wilcoxon test, paired sample test, mann whitney test and independent sample t-test.

Result

Analisis of data showed that increase their knowledge about balanced nutrition on tretment that used media puzzle and board flannel ($p < 0.05$). There in not difference mean score knowledge about balanced nutrition of treatment ($p > 0.05$).

Conclusion

Puzzle and papan flanel media effective in improving their knowledge about balanced nutrition students. There in not difference mean score knowledge about balanced nutrition of treatment. Should be created the development and renewal methods and media used in the process learning balanced nutrition.

References : 48 (1984-2015)

Key words : Nutrition Education, Knowledge Balanced Nutrition, Puzzle, Flannel Board