Effectiveness Of Extension Using Booklet Media Toward Between Nutrition Knowledge Children Elementary School 23 Pagar Agung Lahat Regency Year Of 2019

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ABSTRACT
Elementary school children are important human resources in the nation's success, biologically a group that is prone to food and nutritional deficiencies because they are at a level of growth and development, there are various conditions of unsatisfactory school children such as underweight, anemia of iodine deficiency, lack of appetite, irregular eating patterns. School children are a group that easily receives nutrition education through their schools.

This study aims to determine the effectiveness of the use of booklet media on respondents' balanced nutrition knowledge. The study design was a quantitative Quasy-experimental one group Pre-test post-test. The research sample with a total sampling technique is all children of grade V 23 Lahat state primary school. The measuring instrument used was a questionnaire.

Post-test it was found that the results of the lack of knowledge were 0 students (0%), Quite as many as 18 students (36%) and good as many as 32 (64%). Research shows that there is an increase in student knowledge after counseling using the media booklet. Analysis using the T-test showed significant results between the results of the t-test of 0.000 < 0.05 t-table. The results showed a significant increase in the Balanced Nutrition Knowledge after being counseled with the Booklet media.

There were a significant difference in the level of balanced nutrition knowledge before and after counseling using the media booklet. Counseling by using effective booklet media to increase respondents' balanced nutrition knowledge.

Keywords: Nutrition Counseling, Booklet, Balanced Nutrition Knowledge
BACKGROUND

School children are a very important state asset as a human resource for the success of national development. Elementary school children are children whose average age is between 6-12 years, have a strong physique, individual characteristics, are active, are still dependent on their parents. Most of the nutritional needs of children are used for tissue formation and maintenance activities. However, biologically the most vulnerable to lack of food or nutrition, one of which is group elementary school children because at that age group the children are at the growth stage.

In addition to nutritional needs, physical activity is also needed by the body to increase physical fitness so that it can carry out activities without experiencing significant fatigue. Physical freshness is a requirement in life so that we are always healthy and able to produce something productively. Physical freshness is very important for students. Students who have good physical fitness will usually carry out their learning tasks well as well (Dayana, 2010).

Even so, there are still various nutritional conditions for school children that are not satisfactory, for example underweight, anemia, vitamin C deficiency, and in other areas. certain iodine deficiency also occurs. The complaints that many mothers convey about this school-age group are that they have a lack of appetite, so it is very difficult to be told to eat sufficiently and regularly. Actually, this group of school children is a group that easily accepts nutrition education efforts through their schools, and can be used to influence family opinion (Dayana, 2010).

In Slovenia, nutrition education is part of learning at all levels of primary schools, some of which are compulsory and some are not (Kostanjevec, et al, 201). Nutrition Education is the most important part of the school curriculum. Nutrition education in the school environment can have a positive influence on children's knowledge, attitudes, and actions. One of the determining factors for the success of the nutrition education program is the method and media used (Kostanjevec, et al, 2011). Use of various methods and media has now been developed in the world of education. The shows that nutrition education using booklets can increase maternal knowledge about nutrition in children (Astuti & Suwardianto, 2016; Rimawati & Suwardianto, 2020; heru Suwardianto, 2018; H. Suwardianto & Kurniawati, 2017). This is supported by Zulaekha (2012) showing that providing nutrition education with the method booklet can improve the level of nutritional knowledge. Based on a preliminary study conducted at SD Negeri 26 Pagar Agung Lahat, it is known that children in grade V already have knowledge about nutrition. Meanwhile, balanced nutritional knowledge is needed so that students have good physical fitness so that they can carry out their duties at school well too. SDN 23 is an elementary school located in Pagar Agung Village, Lahat Regency. This study aims to determine the effectiveness of using media booklet on knowledge of balanced nutrition in 23 Elementary School (SD) children of Pagar Agung Lahat Village.

METHODS

Design of this study was quantitative with a Quasy Experimental One Group Pretest Posttest design, that is, before the intervention giving nutrition education using media was booklet carried out pretest, then after the extension intervention using media was booklet carried out posttest. The population is the whole of the research object or object under study (Notoatmojo, 2012). The study population was all grade V SD Negeri 23 Pagar Agung Lahat. The sampling technique in this study is total sampling. Processing of data obtained by univariate and bivariate using statistical T-test.
RESULTS

Tabel 1. Distribution of Respondents by Age

<table>
<thead>
<tr>
<th>No.</th>
<th>Age</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>≥ 10 years</td>
<td>27 Students</td>
<td>54</td>
</tr>
<tr>
<td>2.</td>
<td>≤ 10 years</td>
<td>23 Students</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>50 students</td>
<td>100</td>
</tr>
</tbody>
</table>

The table above shows that the respondents were 50 elementary school students aged ≤ 10 years as many as 27 students or 54% and those aged ≥ 10 years were 23 students or 46%.

Tabel 2. Distribution of Respondents by Gender

<table>
<thead>
<tr>
<th>No.</th>
<th>Age</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Male</td>
<td>24 students</td>
<td>48</td>
</tr>
<tr>
<td>2.</td>
<td>Female</td>
<td>26 students</td>
<td>52</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>50 students</td>
<td>100</td>
</tr>
</tbody>
</table>

The table above shows that male respondents were 24 students or 48%, and female respondents were 26 students or 52%.

Tabel 3: Distribution of Elementary School Students' Knowledge about Balanced Nutrition before counseling with media booklet.

<table>
<thead>
<tr>
<th>No.</th>
<th>Level of Knowledge</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Good</td>
<td>9</td>
<td>18</td>
</tr>
<tr>
<td>2.</td>
<td>Enough</td>
<td>29</td>
<td>58</td>
</tr>
<tr>
<td>3.</td>
<td>Less</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on the results of the univariate analysis for the level of knowledge of balanced nutrition for fifth-grade students of SD Negeri 23 Lahat before being given counseling with media booklet, with the cut of good point (> 75% -100%), Enough (60% -75%) and Less (<60% - 0). It is known that the results of lack of knowledge are 12 students (24%), sufficient as many as 29 students (58%), and good as many as 9 (18%). This is consistent with the results of previous research on the Effect of Balanced Nutrition Education with audio-visual media on students' knowledge of SD Negeri Pajang III Surakarta, which was conducted by Widiyanti (2015). The results of this study indicate that the level of knowledge of SD Negeri Pajang III Surakarta students regarding 10 balanced nutrition messages before playing the Audio-Visual media is 22 students (48.9%) of Poor Knowledge, 20 students (44.4%) of sufficient knowledge, and 3 students (6.7 %)

Tabel 5. Distribution of Elementary School Students' Knowledge about Balanced Nutrition after being given counseling with a media booklet.

<table>
<thead>
<tr>
<th>No</th>
<th>Level of Knowledge Huan</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Good</td>
<td>32</td>
<td>64</td>
</tr>
<tr>
<td>2.</td>
<td>Enough</td>
<td>18</td>
<td>36</td>
</tr>
<tr>
<td>3.</td>
<td>Less</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>
Based on the results of the univariate analysis for the level of knowledge on balanced nutrition of grade V SD Negeri 23 Lahat after being given counseling with media booklet with a good cut of points (> 75% -100%), Enough (60% - 75%) and Less (<60% - 0). It is known that the results of lack of knowledge are as many as 0 students (0%), Enough as many as 18 students (36%), and good as many as 32 (64%). The results showed that there was an increase in students' knowledge after counseling using booklet media.

Descriptions of 50 respondents based on questionnaire data that have been filled in by respondents, can be described and can be seen in the data table processing results frequency as follows: The average respondent's knowledge at the pretest before extension with the media after extension using booklet media.

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>of respondent pretest result</td>
<td>50</td>
<td>1.9400</td>
<td>0.65184</td>
<td>0.09218</td>
</tr>
<tr>
<td>respondent posttest result</td>
<td>50</td>
<td>2.6400</td>
<td>0.48487</td>
<td>0.06857</td>
</tr>
</tbody>
</table>

Table of Results T-test

<table>
<thead>
<tr>
<th></th>
<th>T</th>
<th>Df</th>
<th>Sig. (2-tailed)</th>
<th>Mean Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>pretest results respondents, respondent’s posttest results</td>
<td>21.045</td>
<td>49</td>
<td>0.000</td>
<td>1.94000</td>
</tr>
<tr>
<td></td>
<td>38,500</td>
<td>49</td>
<td>0.000</td>
<td>2.64000</td>
</tr>
</tbody>
</table>

Bivariate analysis in this study is to analyze the child's knowledge of Balanced Nutrition Class V SD land 23 Lahat before and after counseling using a media booklet. Analysis using the t-test showed significant results between the results of t-count 0.000 <0.05 t-table. These results indicate a significant increase in Balanced Nutritional Knowledge after being given counseling using a media booklet. The result of the preknowledge -testis 1.94 with a standard deviation of 0.651, the knowledge posttests after counseling using media booklet is 2.64 with a standard deviation of 0.484

DISCUSSION

The results showed that there was an increase in knowledge students after counseling using media booklet. Prior to counseling on balanced nutrition using media booklet, grade V SD Negeri 23 Lahat did not know much about the 13 messages of balanced nutrition as seen from the results pre-test such as the use of iodized salt, habits for breakfast, food sources of iron, and how to read labels on food packaging. However, after counseling about 13 balanced nutrition messages using media booklet, the knowledge of balanced nutrition for fifth-grade elementary school children increased, was there no lack of knowledge, the level of good knowledge reached 64%. Analysis using the T-test showed significant results
between the results of t-count 0.000 <0.05 t-table. These results indicate a significant increase in Balanced Nutritional Knowledge after being given counseling using a media booklet. The booklet is a medium for delivering information in the form of small or medium books, easy to carry anywhere, designed with attractive writing and colors, simple words, and easy for children to understand so that it attracts attention and wants to read them. This is in line with the research of Rathore (2014) and Fernandes (2013) that there is an increase in knowledge in mothers after being given health education with media booklet so that the information in the booklet is very effective in increasing knowledge in mothers. Based on Pratiwi's research, et al (2017), the average score post-test of the experimental group results was higher than the control group so that the level of knowledge of mothers under five who were given the lecture method using media booklet was higher than the lecture method alone. According to Haryoko (2009). Nutritional problems often arise as a result of people's ignorance and lack of information about nutrition. The formation of knowledge about the stimulus in the form of material that will give rise to new knowledge and create a better attitude and then lead to a positive response, namely in the form of action. Health education efforts made as well as possible can improve healthy living behavior and increase nutritional status (Pickett and Hanion, 2009). According to Khomsan, 2002 Nutrition education is an effort to make people aware of the importance of nutrition. Nutrition education efforts in schools have a great opportunity to succeed in increasing knowledge about nutrition among the community. Nutrition education should be given from an early age and begin to be given to kindergarten and elementary school students because at this age tend to have habitual attitudes that are easily formed

CONCLUSIONS
The age distribution of respondents aged ≤ 10 years was 27 students or 54% and those aged ≥ 10 years were 23 students.
The gender distribution of male respondents was 24 students or 48%, and female respondents were 26 students or 52%.
Distribution of the level of knowledge before being given counseling with booklet media, the results of less knowledge were 12 students (24%), Enough as many as 29 students (58%) and good as many as 9 (18%).
The distribution of the level of knowledge after counseling with booklet media, the results of less knowledge were 0 students (0%), Enough as many as 18 students (36%), and good as many as 32 (64%). The results showed that there was an increase in students' knowledge after counseling using media booklet.
The results of the assessments pre-test and post-test found that there were differences in the level of knowledge of balanced nutrition for grade V SD 23 Lahat after being given counseling with a media booklet. This is proven by statistical tests t-test There is a significant difference in. This difference can be seen from the increase in the level of respondent's knowledge of the results post-test.

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