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

Sriwiyanti*, Detiana

Poltekkes Palembang, Indonesia

* Correspondent Author: swiyanti179@gmail.com

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

Received December 12, 2020; Revised December 22, 2020; Accepted January 30, 2021



STRADA Jurnal Ilmiah Kesehatan, its website, and the articles published there in are licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

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 education². The². It 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, 2013, 2020a, 2020b; 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**

No.	Age	Total	%
1.	≥ 10 years	27 Students	54
2.	≤ 10 years	23 Students	46
	Total	50 students	100

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

No.	Age	Total	%
1.	Male	24 students	48
2.	Female	26 students	52
	Total	50 students	100 The

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*.

No.	Level Knowledge	Frequency	Percentage (%)
1.	Good	9	18
2.	Enough	29	58
3.	Less	12	24
	Total:	50	100

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)⁴. 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*.

No	Level of Knowledge Huan	Frequency	Percentage (%)
1.	Good	32	64
2.	Enough	18	36
3.	Less	0	0
	Total:	50	100

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.

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
of respondent pretest result	50	1,9400	, 65184	, 09218
respondent posttest result	50	2.6400	, 48487	, 06857

Table of Results *T-test*

	Test Value = 0			
	T	Df	Sig. (2-tailed)	Mean Difference
pretest results respondents,	21.045	49	000	1.94000
respondent's posttest results	38,500	49,	000	2.64000

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)⁵ 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)⁴. 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 community⁴. 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.

ACKNOWLEDGMENTS

Authors would like to thank those who have helped in the implementation of this research.

REFERENCES

- 15.Noor, Alvito Ghattar, (2011). *Gizi Seimbang*. Artikel. Diakses di Vitovi.multiply.com/.../.
Almatsier, Sunita, (2004). *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama

- Amin, Wahyuni. (2011). *Status gizi kelas I-V di SD Negeri Senden Kecamatan Mungkid Kabupaten Magelang. Skripsi*. Yogyakarta. FIK UNY
- Astuti, V. W., & Suwardianto, H. (2016). PENGETAHUAN GURU TAMAN KANAK-KANAK TENTANG ALAT PERMAINAN EDUKATIF DI TAMAN KANAK-KANAK BAPTIS SETIA BAKTI KEDIRI. *JURNAL STIKES RS Baptis Kediri*, 9(2).
- Cornelius ,Trihendradi. (2004). *Memecahkan Kasus Statistik: Deskriptif, Parametrik dan Non- Parametrik dengan SPSS 12*. Yogyakarta. Andi Offset
- Depkes. (2005). *Pedoman Perbaikan Gizi Anak Sekolah Dasar dan Madrasah Ibtidaiyah*. Jakarta: Departemen Kesehatan RI.
- Diyana. (2010). “*Tingkat Kesegaran Jasmani dan Status Gizi Siswa Kelas IV dan V Usia 10 sampai 12 Tahun SD Negeri Krogowan, Kecamatan Sawangan, Kabupaten Magelang*”. *Skripsi*. Yogyakarta: FIK-UNY.
- Hamida,K, Zulaekha,Muthalazimah 2011, *Penyuluhan Gizi dengan media Komik untuk meningkatkan pengetahuan tentang keamanan makanan jajanan*,*Jurnal Kesehatan Masyarakat*, Universitas Negeri Semarang.
- Hayat, Muhammad, (2009). *Perbedaan Status Gizi Anak Prasekolah (4-6 Tahun) dan Faktor yang mempengaruhi, antara Kadarzi dan Non Kadarzi (di Kelurahan Selat Tengah, Kecamatan Selat, Kabupaten Kapuas, Propinsi Kalimantan Timur)*. *Artikel*.Surabaya: Universitas Airlangga.
- Hidayat, A.Aziz Alimul, (2007)*Riset Keperawatan dan Tehnik Penulisan Ilmiah*, Salemba Medika, Surabaya.
- Irianto, Joko Pekik, (2006). *Panduan Gizi Lengkap Keluarga dan Olahraga*. Yogyakarta: Andi Offset
- Kementrian kesehatan RI, (2014), *Pedoman Gizi Seimbang*, Jakarta
- Krismapera, 2018, *Karakteristik peserta didik kelas V SD* , FKIP Prodi PGSD Universitas Jambi
- Maulana, la ode abdul malik, 2014, *Gambaran Pengetahuan, Sikap dan Tindakan terhadap status gizi Siswa SD Impres 2 Pannampu* Fakultas Kesehatan Masyarakat, Universitas Hasanudin Makassar.
- Notoatmojo,Soekidjo, (2012), *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta.
- Pratiwi,dkk, 2017, *Efektivitas penggunaan media booklet terhadap pengetahuan gizi seimbang pada ibu Balita gizi kurang di kelurahan Semanggi Kecamatan Pasar Kliwon Kota Surakarta*. Fakultas Ilmu Kesehatan Masyarakat Universitas Muhammadiyah Surakarta.
- Puspita, Dyah Intan,et al, 2017, *Effektivitas penggunaan media booklet terhadap pengetahuan gizi seimbang pada ibu balita gizi kurang di Kelurahan semanggi Kec.Pasar Kliwoan Kota Surakarta*, Fakultas Ilmu Kesehatan masyarakat, Universitas Muhammadiyah surakarta
- Rahmawati & Hastuti. (2003). *Status Gizi Antropometrik Anak Usia 7-12 Tahun di D.I. Yogyakarta*. Berkala Ilmu Kedokteran. Volume 3, No. 1, pp 39-
- Rahmawati, Alfiana Kusuma , 2016, *Hubungan antara Pengetahuan inu tentang gizi seimbang dan asupan zat gizi makro pada anak usia 2 -5 tahun di Posyandu Gonilan*
- Rimawati, R., & Suwardianto, H. (2020). Family Support in Management of Lactation Management in Mother With Children During Pandemic Covid-19. *STRADA Jurnal Ilmiah Kesehatan*, 9(2), 694–699.
- Riset kesehatan dasar, 2013, Badan penelitian dan pengembangan Kesehatan Kementrian Kesehatan RI

- Santoso, Soegeng, Drs. M.Pd. (2004). *Kesehatan dan Gizi*. Jakarta: PT Rineka Cipta
- Setyawati (2015), Karakteristik anak usia sekolah dasar .Jakarta
- Soekirman. (2001). *Perlu Paradigma Baru untuk Menanggulangi Masalah*
- Suwardianto, heru. (2018). Pelatihan Penanganan Korban Tersedak Terhadap Pemahaman Tujuan, Prosedur, Kewaspadaan, Dan Evaluasi Tindakan. *Jurnal Penelitian Keperawatan*, 4(2), 1.
- Suwardianto, H. (2013). Deep breathing relaxation as therapy to decrease blood pressure on hypertension patients. In *Proceedings Faculty Of Nursing Of Airlangga The Fourth Internasional Nursing Conference Improving Quality Of Nursing Care Through Nursing Research and Innovations*, 1(1), 1–12.
- Suwardianto, H. (2020a). The Effectiveness of Audio-Visual Education on Lactation Management and Chocking in Mother with Baby in Pandemic Time Covid-19. *Medico Legal Update*, 20(4), 1323–1329.
- Suwardianto, H. (2020b). THAT INFLUENCE GIVING BABY IN LACTATION MANAGEMENT WITH ManLak-CFA (MANAGEMENT OF LACTATION AND CHILDREN FIRST AID) MODUL COMBINE VIDEO EDUCATION. *PROCEEDINGS INTERNATIONAL CONFERENCE OF HEALTH, NURSING, AND EDUCATION*, 2, 75–82.
- Suwardianto, H., & Kurniawati, F. (2017). GAMBARAN FREKUENSI SAKIT PADA BAYI YANG MENDAPAT ASI ESKLUSIF. *JURNAL PENELITIAN KEPERAWATAN*, 3(1).
- Wahyuningsih, 2018, *Media Pendidikan Gizi Nutrition Card berpengaruh terhadap pengetahuan makanan jajanan anak SD*, FKM Universitas Airlangga Surabaya.
- Widiyanti, Amalia Sholikah, (2015), *Pengaruh Pendidikan Gizi Seimbang dengan media audio Visual terhadap pengetahuan siswa SD Negeri Pajang III Surakarta*, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta
- Yuniarti, Puput Endri, 2015, *Tingkat pengetahuan tentang gizi seimbang Kelas IV SD Negeri sedaerah binaan kec. Dukuh kab. Magely* , Fakultas Keguruan Olahraga , Universitas Negeri Yogyakarta