

Dalam bahasa indonesia

ABSTRAK

Selfi Amalia Rohmatin

PENGARUH EDUKASI GIZI DENGAN MEDIA VIDEO ANIMASI
TERHADAP PENINGKATAN PENGETAHUAN POLA KONSUMSI SAYUR
DAN BUAH PADA SISWA DI SD ISLAM MARYAM SURABAYA

Xvii + 68 Halaman + 9 Tabel + 8 Lampiran

Mengonsumsi buah dan sayur pada anak usia sekolah masih rendah, salah satunya dipengaruhi oleh kurangnya pengetahuan terkait pentingnya konsumsi sayur dan buah. Edukasi melewati media video animasi mampu menjadi alternatif penyampaian informasi gizi yang menarik bagi anak. Studi ini tujuannya mengetahui perubahan pengetahuan murid sesudah diberikan edukasi gizi memanfaatkan video animasi di SD Islam Maryam Surabaya. Penelitian menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sampel terbagi dari 85 siswa yang dipilih dengan teknik *proportional random sampling*. Pengetahuan diukur memanfaatkan kuesioner sebelum dan sesudah edukasi, kemudian dianalisis memanfaatkan uji Wilcoxon. Sebelum edukasi, sebanyak 28 siswa (32,9%) mempunyai pengetahuan baik dan 57 siswa (67,1%) mempunyai pengetahuan kurang. Sesudah edukasi, pengetahuan baik naik menjadi 73 siswa (85,9%), sedangkan pengetahuan kurang menurun menjadi 12 siswa (14,1%). Rata-rata skor pengetahuan naik dari 51,65 menjadi 66,59. Hasil uji Wilcoxon memperlihatkan *p-value* = 0,000 ($p < 0,05$), hingga ada perbedaan pengetahuan sebelum dan sesudah pemberian edukasi melalui video animasi.

Kata kunci: edukasi gizi, video animasi, pengetahuan, sayur dan buah, anak sekolah dasar

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In English

ABSTRACT

Selfi Amalia Rohmatin

THE EFFECT OF NUTRITION EDUCATION USING ANIMATED VIDEOS ON IMPROVING KNOWLEDGE OF FRUIT AND VEGETABLE CONSUMPTION PATTERNS AMONG STUDENTS AT MARYAM ISLAMIC ELEMENTARY SCHOOL IN SURABAYA

XVII + 68 pages + 9 tables + 8 appendices

The intake of fruits and vegetables among children in school is remains low, somewhat because of insufficient awareness regarding the significance of eating vegetables and fruits. Education through animated videos can be an engaging alternative for conveying nutritional information to children. This research sought to identify shifts in students' understanding after receiving nutrition education using animated videos at Maryam Islamic Elementary School in Surabaya. The research utilized a pre-experimental design featuring a one-group pretest-posttest framework. The sample included 85 students chosen through proportional random sampling. Knowledge was assessed using questionnaires administered before and after the education session and evaluated with the Wilcoxon test. Before the education session, 28 students (32.9%) demonstrated good knowledge, while 57 students (67.1%) demonstrated insufficient knowledge. After the education program, the number of students with good knowledge increased to 73 (85.9%), while the number with insufficient knowledge decreased to 12 (14.1%). The average knowledge score increased from 51.65 to 66.59. The results of the Wilcoxon test showed a p-value of 0.000 ($p < 0.05$), showing a substantial variation in knowledge levels prior to and following the educational intervention with animated videos.

Keywords: nutrition education, animated videos, knowledge, fruits and vegetables, elementary school students

Bibliography: 35 Journal References (2014–2025)