

ABSTRAK

SYELIN ALIFMALIA

**PENGARUH PENGGUNAAN METODE CERAMAH DENGAN MEDIA
TEKA TEKI SILANG PENDIDIKAN GIZI SEIMBANG TERHADAP
PENINGKATAN PENGETAHUAN GIZI PADA ANAK SEKOLAH
DASAR**

**(Studi Quasi Eksperimen di SD Negeri Sukahening Kecamatan Sukahening
Kabupaten Tasikmalaya)**

Status gizi siswa Sekolah Dasar (SD) masih menjadi salah satu masalah kesehatan di Indonesia. Pengetahuan gizi anak menjadi faktor penting yang berpengaruh terhadap status gizi, karena pengetahuan tentang gizi anak akan membentuk perilaku anak saat menentukan, memilih, dan membeli makanan. Tujuan penelitian ini adalah menganalisis pengaruh pendidikan gizi dengan menggunakan metode ceramah dibantu media TTS terhadap peningkatan pengetahuan gizi seimbang siswa kelas V dan VI SD N Sukahening Kabupaten Tasikmalaya. Desain penelitian yang digunakan yaitu *quasi-experimental* dengan rancangan *without control group design*. Subyek penelitian adalah siswa kelas V dan VI yang berusia 10-14 tahun sebanyak 88 orang. Hasil dari penelitian yaitu menunjukkan bahwa ada peningkatan signifikan pada tes pengetahuan gizi seimbang dengan nilai delta *post test-pre test* sebesar 1,6. Penelitian ini menggunakan uji univariat *kolmogorov smnirnov* dan uji bivariat *wilcoxon* yang menunjukkan adanya perbedaan nilai pengetahuan gizi seimbang sebelum dan sesudah pendidikan gizi seimbang. Kesimpulan penelitian ini ada pengaruh penggunaan metode ceramah dengan media TTS terhadap peningkatan pengetahuan gizi seimbang. Saran penelitian yaitu adanya tindak lanjut penelitian pengaruh pendidikan gizi seimbang terhadap perubahan perilaku dan sikap siswa.

Kata kunci: ceramah, gizi seimbang, pendidikan gizi, teka-teki silang

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
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ABSTRACT

SYELIN ALIFMALIA

THE EFFECT OF USING BALANCED NUTRITION EDUCATION LECTURE METHODS WITH MEDIA CROSSPUZZLES ON IMPROVING NUTRITION KNOWLEDGE IN ELEMENTARY SCHOOL CHILDREN (Quasi Experimental Study at SD Negeri Sukahening, Sukahening District, Tasikmalaya Regency)

The nutritional status of elementary school (SD) students is still a health problem in Indonesia. Knowledge of children's nutrition is an important factor that influences nutritional status, because knowledge of children's nutrition will shape children's behavior when determining, choosing, and buying. The purpose of this study was to analyze the effect of nutrition education using the lecture method assisted by crossword media on increasing the balanced nutrition knowledge of fifth and sixth-grade students at SD N Sukahening, Tasikmalaya Regency. The research design used was quasi-experimental with a without control group design. The research subjects were 88 students of grades V and VI aged 10-14 years. The results of the study showed that there was a significant increase in the balanced nutrition knowledge test with a post test-pre test delta value of 1,6. This study used the Kolmogorov smirnov univariate test and the wilcoxon bivariate test which showed that there were differences in the value of balanced nutrition knowledge before and after balanced nutrition education. The conclusion of this study is that there is an effect of using the lecture method with TTS media on increasing knowledge of balanced nutrition. The research suggestion is that there is a follow-up research on the effect of balanced nutrition education on changes in students' behavior and attitudes.

Keywords: *lecture, balanced nutrition, nutrition education, crossword puzzle*