

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2025**

ABSTRAK

SHOFIYAH TEJANINGSIH PUTRI SYAHBANA

PENGARUH EDUKASI ZAT GIZI PROTEIN MENGGUNAKAN MEDIA AUDIO VISUAL TERHADAP PENGETAHUAN GIZI PADA ANAK SEKOLAH DASAR

(Studi Quasi Eksperimen di SD IT Al-Fattah Kecamatan Rajapolah Kabupaten Tasikmalaya Tahun 2025)

Masalah gizi pada anak usia sekolah masih sering ditemukan di Indonesia, khususnya kekurangan asupan protein yang berpengaruh pada pertumbuhan, perkembangan, serta kemampuan belajar. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi zat gizi protein menggunakan media audio visual terhadap pengetahuan gizi pada anak sekolah dasar. Desain penelitian adalah quasi eksperimen dengan rancangan *pre-test post-test without control group*. Sampel penelitian adalah 94 siswa kelas IV dan V SD IT Al-Fattah Kecamatan Rajapolah Kabupaten Tasikmalaya. Instrumen berupa kuesioner berisi 20 soal pilihan ganda yang telah diuji validitas dan reliabilitasnya. Media edukasi yang digunakan berupa video animasi edukatif tentang zat gizi protein yang menampilkan penjelasan interaktif mengenai pengertian, fungsi, dan sumber protein. Analisis data menggunakan uji *Wilcoxon* karena data tidak berdistribusi normal. Hasil analisis Bivariat menunjukkan median skor pengetahuan meningkat dari 13 (min=6, maks=16) pada *pre-test* menjadi 18 (min=10, maks=20) pada *post-test*. Uji *Wilcoxon* menunjukkan $p=0,001$ ($<0,05$), artinya terdapat perbedaan signifikan antara sebelum dan sesudah edukasi. Edukasi zat gizi protein menggunakan media audio visual efektif meningkatkan pengetahuan gizi siswa sekolah dasar. Peningkatan terbesar terdapat pada indikator pengetahuan tentang kandungan protein dalam bahan makanan, sedangkan indikator pengertian dan fungsi protein tidak menunjukkan perubahan signifikan karena siswa telah memiliki pengetahuan dasar sebelumnya. Kesimpulannya, edukasi gizi protein menggunakan media audio visual efektif meningkatkan pengetahuan gizi siswa sekolah dasar. Disarankan sekolah memanfaatkan media audio visual sebagai metode pembelajaran rutin, guru mengintegrasikan edukasi gizi dalam mata pelajaran, serta peneliti selanjutnya menambahkan kelompok kontrol untuk memperkuat hasil penelitian.

Kata kunci: edukasi gizi, protein, siswa, sekolah dasar, video

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ABSTRACT

SHOFIYAH TEJANINGSIH PUTRI SYAHBANA

THE EFFECT OF PROTEIN NUTRITION EDUCATION USING AUDIO-VISUAL MEDIA ON NUTRITION KNOWLEDGE IN ELEMENTARY SCHOOL CHILDREN

(Quasi-Experimental Study at Al-Fattah Islamic Elementary School, Rajapolah District, Tasikmalaya Regency, 2025)

Nutritional problems among school-age children are still common in Indonesia, particularly protein deficiency, which impacts growth, development, and learning ability. This study aims to determine the effect of protein nutrition education using audio-visual media on nutritional knowledge in elementary school children. The study design was a quasi-experimental design with a pre-test/post-test without a control group. The sample was 94 fourth and fifth grade students of SD IT Al-Fattah, Rajapolah District, Tasikmalaya Regency. The instrument was a questionnaire containing 20 multiple-choice questions that had been tested for validity and reliability. The educational media used is in the form of an educational animated video about protein nutrients which displays an interactive explanation of the meaning, function, and sources of protein. Data analysis used the Wilcoxon test because the data were not normally distributed. Bivariate analysis results showed a median knowledge score increased from 13 (min=6, max=16) in the pre-test to 18 (min=10, max=20) in the post-test. The Wilcoxon test showed a $p=0.001$ (<0.05), indicating a significant difference between before and after education. Protein nutrition education using audiovisual media effectively improves elementary school students' nutritional knowledge. The greatest increase was in the indicator of knowledge about protein content in food ingredients, while the indicator of understanding and function of protein did not show significant changes because students already had basic knowledge beforehand. In conclusion, protein nutrition education using audiovisual media effectively improves elementary school students' nutritional knowledge. It is recommended that schools utilize audiovisual media as a routine learning method, teachers integrate nutrition education into subjects, and future researchers add a control group to strengthen the research results.

Keywords: elementary school, nutrition education, protein, student, video