

The Effect of Nutrition Education Using Comic Media on Knowledge and Attitude about Balance Nutrition in Students of SD Negeri 4 Cluring

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ABSTRACT

Education about nutrition needs to be given to school-age children because one of the factors that cause nutritional problems in school-age children is the lack of knowledge and attitudes. The results of a preliminary study conducted at SD Negeri 4 Cluring revealed that students' knowledge and attitudes about balanced nutrition were still low. Comic media is very suitable to be used for children as a light, simple learning media, accompanied by interesting pictures and using few words. The purpose of this study was to determine the effect of education using media on knowledge and attitudes about balanced nutrition in students at SD Negeri 4 Cluring. This type of research is a quasi-experimental design with a one-group pre-test and post-test design without a control group. The sample in this study was 54 students. The instruments used in this study were questionnaires and comic media. This research was conducted from May to June 2022. The data were analyzed using the Wilcoxon test. The results of data analysis showed that there was a significant increase in knowledge after nutrition education using comic media about balanced nutrition with a $p\text{-value} = 0.000 < 0.05$. While the results of statistical tests on the attitude variable showed that there was no significant increase in attitude after nutrition education using comic media about balanced nutrition with a $p\text{-value} = 0.205 > 0.05$.

Keywords: *Comic, knowledge, attitude, students, balanced nutrition*