

Pembuatan Komik Bertema Jajanan Sehat Sebagai Usaha Pencegahan Diare Pada Anak Remaja

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ABSTRAK

Prevalensi diare di Kabupaten Sidoarjo prevalensi diare sebesar 8,22%. Prevalensi diare di Jawa Timur menurut diagnosa tenaga kesehatan dan gejala yang dialami meningkat dari 7,4% menjadi 7,61%, dan menurut Dinas Kesehatan Provinsi Jawa Timur pada tahun 2019 prevalensi diare menurut kelompok umur di Jawa Timur (10-14 Tahun) sebesar 213 penderita. Di Kabupaten Sidoarjo prevalensi diare sebesar 8,22%. Jajanan berupa makanan maupun minuman yang dimana kita tidak tahu bagaimana cara persiapan hingga pengolahannya dapat menimbulkan penyakit bawaan sehingga menimbulkan masalah pencernaan seperti diare. Hasil studi pendahuluan di SMP Muhammadiyah 2 Taman didapatkan bahwa kurangnya wawasan siswa terhadap pangan di luar sekolah. Tujuan dari penelitian adalah pembuatan komik bertema jajanan sehat sebagai upaya pencegahan diare pada anak remaja sehingga wawasan dapat bertambah. Jenis penelitian yang digunakan adalah *Research and Development* (R&D) dengan model penelitian ADDIE (*Analyze, design, Development, Implementation, Evaluation*). Penelitian ini melibatkan pihak SMP Muhammadiyah 2 Taman Sidoarjo, Illustrator komik, Validator Ahli Materi dan Ahli Media. Hasil penilaian uji kelayakan oleh validator ahli materi adalah 3,6 (kategori layak, dan ahli media 4,5 (kategori sangat layak).

Kata Kunci : Diare, Komik, Jajanan Sehat

***Making Comics with the theme of Healthy Snacks as an Effort to Prevent
Diarrhea in Teenagers***

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ABSTRACT

The prevalence of diarrhea in Sidoarjo Regency was 8.22%. The prevalence of diarrhea in East Java according to health worker diagnoses and symptoms experienced increased from 7.4% to 7.61%, and according to the East Java Provincial Health Office in 2019 the prevalence of diarrhea by age group in East Java (10-14 years) was 213 patients . In Sidoarjo District, the prevalence of diarrhea was 8.22%. Snacks in the form of food and drinks where we do not know how to prepare and process them can cause congenital diseases that cause digestive problems such as diarrhea. The results of preliminary studies at SMP Muhammadiyah 2 Taman found that students' lack of insight into food outside of school. The purpose of the research is to make comics with the theme of healthy snacks as an effort to prevent diarrhea in teenagers so that insight can increase. The type of research used is Research and Development (R&D) with the ADDIE research model (Analyze, design, Development, Implementation, Evaluation). This research involved teachers of Muhammadiyah 2 Taman Sidoarjo Junior High School, comic illustrators, material expert validators and media experts. The results of the feasibility test assessment by material expert validators were 3.6 (decent category, and media experts 4.5 (very decent category).

Keywords: *Comics, Diarrhea, Healthy Snacks*