

Method Effectiveness Emo Demo About Healthy Snacks on Students' Knowledge and Attitudes (MI Nurul Islam Jarit lumajang district)

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ABSTRACT

The consumption of snacks is a prevalent phenomenon among children of school age. However, the safety of school snacks remains a significant concern. In addition to the potential for nutritional deficiencies, the consumption of unhealthy snacks can lead to adverse health outcomes, including gastrointestinal disorders. Furthermore, the ingestion of contaminated snacks can also result in poisoning. The objective of this study was to assess the efficacy of the Emo Demo Module in influencing the preference for healthy snacks among elementary school children. This study employs a quantitative, analytic approach utilizing a quasi-experimental methodology. This study employed a one-group pretest-posttest design for its research design. The research was conducted at MI Nurul Islam Jarit in Lumajang Regency in May 2024.

The results of the bivariate analysis, conducted using the Wilcoxon statistical test on the pre-test and post-test difference, yielded a p-value of 0.000, indicating a statistically significant difference between the pre-test and post-test results with regard to knowledge and attitude. The bivariate test results indicate a statistically significant difference between the pre-test and post-test knowledge and attitudes. Furthermore, the provision of education with emo demo modules about healthy snacks has a discernible impact on the knowledge and attitudes of elementary school students.

Keywords : Healthy Snacks, Emo Demo, Knowledge, Attitude