

Preparation of Flashcard Media About the Importance of Breakfast for Students (At SDN Tegal Mijin 1 Bondowoso Regency)

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ABSTRACT

Breakfast is an activity of eating and drinking that is done after waking up in the morning until nine o'clock to meet 15-30% of daily nutritional needs. Elementary school age children who fall into the category of growth and development. Based on data from the Puskesmas Grujugan, there are 15 people (in grade 2) who are at risk of an unhealthy lifestyle including not having breakfast and to increase knowledge and change student habits about the importance of breakfast, nutrition education media is needed, one of which is a flashcard. The purpose of this study was to develop flashcard media products about the importance of breakfast for students at SDN Tegal Mijin 1, Bondowoso Regency. The research design used was the ADDIE (Analysis, Design, Development, Implementation and Evaluation) model. This research was conducted by means of a media validation test with 2 validators using an assessment questionnaire to test the feasibility of the flashcard media and was carried out for 2 validation processes. The research process was carried out from September to December 2020. This study used two data analysis techniques, namely quantitative and qualitative data analysis. Quantitative data, namely the assessment score of the material and media validators. Qualitative data in the form of suggestions and comments from the validator as material for improving the products being developed. The conclusion is that the final research results from material experts are 100% in the very good category. The media expert's assessment for flashcards and vests were 97.5% and 95%, respectively, which were classified as very good. Flashcard media can be said to be very feasible and can be applied to elementary school students.

Keywords: Breakfast, Flashcard Media, School Age Children