

Development of Pop-Up Book 10 Balanced Nutrition Messages as a Health Education Media for Students of senior high school 3 jember

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ABSTRACT

Students of senior high school 3 Jember who experienced overweight show a group pattern of eating side dishes, vegetables, and fruit that had not fulfilled the recommended criteria. This low level of knowledge was what required the briefing of balanced nutrition guidelines so as to encourage researchers to develop alternative media to directing balanced nutrition guidelines, especially 10 balanced nutrition messages through pop-up book media. The purpose of this study was to analyze the needs of students, designing prototypes, determining the level of validation of material experts, media, and the results of field trials and producing pop-up book products. The type of the research used was Research and Development (R & D). The development model used to plan this research was the ADDIE model stands for Analyze, Design, Development, Implementation and Evaluation. This research was conducted on class XI students with a total of 25 students whom randomly selected. Based on data analysis it could be concluded that the feasibility validation of the developed pop-up book prototype was included in very good qualifications with a score of material experts 89.3% and media experts 98.3% so these were very feasible, without being revised and could be tested in the field. The results of field trials on subjects included as the very good qualifications obtained a score 88.5%. the Test of knowledge level acceptance obtained results of P that was equal to $0,000 < 0,05$, so that the use of pop-up book 10 messages of balanced nutrition as a media of health education could increase the knowledge of students of senior high school 3 Jember. Based on the results of the research, a pop-up book product was created to introduce 10 balanced nutrition messages as a media of health education for students of senior high school 3 Jember.

Keywords: pop-up book media, 10 Balanced Nutrition Messages