Pembuatan Media Teka-Teki Silang Gizi Seimbang
Pada Pra Lansia *(Making of Balanced Nutrition Crossword for Pre-Elderly)*

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ABSTRACT

Nutritional problem of pre-eldery is related with decreasing of physiological activity of the body, therefore consumption of unbalanced nutrition food can worsen the condition naturally. This problem can be overcome by consuming adequate food with cognize the needs of macro and micro balanced nutrient suitable to body needs. This research aims to make crossword media of balanced nutrition for pre-eldery. The type of this research is Research and Development (R&D) with using ADDIE model (Analysis, Design, Development, Implementation dan Evaluation). The intstruments used were questionnaires, PSP, Informed Consent and crossword media of balanced nutrition. Questionnaires were used for determine the level of eligibility of crossroword media. This research was conducted in August 2019. The data analysis technique was using qualitative descriptive and quantitative descriptive. The qualitative data were suggestions and comments from validator for improvement of media that will be produced. The quantitative data were score from media validator, materials and women labourers. The result shows that validation from material experts is 90% with excellent category, and from media experts is 94% with good category. The acceptability test to pre-eldery obtained 86% in very decent category. The crossword media of balanced nutrition is very decent and able to be applied for pre-eldery because it use understandable language, pictures and colors in teka-teki silang are interesting so the information is conveyed easily.

Key words : Balanced Nutrition, Pre-eldery , Crossword.