

The Influence of *Booklet* on Increasing Knowledge of First Middle School Students in Choosing Healthy Snacks

(Pengaruh Media *Booklet* Terhadap Peningkatan Pengetahuan Siswa Sekolah Menengah Pertama Dalam Memilih Jajanan Sehat)

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ABSTRACT

Junior high school children have entered adolescence. Adolescence begins with a phase known as puberty, to support growth in school-age children, it is necessary to consume high protein, to meet protein needs, staple foods and snacks are needed. Providing *booklet* on choosing healthy snacks with the aim of increasing the knowledge of junior high school students in Jember Regency in choosing daily snacks inside and outside of school. This type of research is a pre-experimental research with the research design used in this study is an online one group pre-test post-test design. In this design, before the treatment is given a pre-test (initial test) and at the end of the intervention the respondent is given a post-test (final test). The number of subjects used was 102 students according to the Slovin formula with a population of 3,623 students of State Junior High Schools in Patrang District. In the data normality test, namely $p = 0.000 < 0.05$, the data were not normally distributed. So, the data is processed by the Wilcoxon non-parametric test with the results on knowledge of $p = 0.000 < 0.05$, then H_1 is accepted, H_0 is rejected, which means that there is an increase in students' knowledge before and after being given the *booklet*.

Keywords: Increased Knowledge, *Booklet*.