

The Effect of Video Media on Students' Knowledge Level about Healthy Snacks at SDN Pancakarya 01

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ABSTRACT

Snacks Food for School Childrens (PJAS) is any form of foods or drinks that is sold in the school environment. If the foods consumed by school childrens is not safe, it will cause several health problems. One of the factors that influence the choice of snacks for children is the children's knowledge about healthy snacks. The purpose of this study was to determine the effect of video media on the level of students knowledge about healthy snacks at SDN Pancakarya 01. The research method used pre-experimental with one group pretest posttest design. The study was conducted for 3 days, on 30 November, 7 and 21 December 2019 with 41 subjects. The results of the analysis show that most of the subjects are male, aged 11 years, have pocket money more than the average, the latest parents education of elementary school, fathers work of enterpriser, mothers do not work, per capita income <poverty line. There was a difference between the pre test with the post test 1 and the post test 2, there is a chage (decrease) in the value of the post test 3. The conclusion of this study was that the intervention carried out had an effect on the subject's knowledge but was unable to maintain the subject's long-term memory. Frequency, distance the time of giving the test, memory and the attention of the subject also affect student knowledge.

Keywords: *knowledge, school children, snacks, video*