

ABSTRACT

Yeni, Amallia Al Fitri. 2024. *The Effect of Storytelling Education (Wayang Fable) Toward Knowledge and Attitudes in Choosing Healthy Snacks in Grade 3 Students at MI Al Hidayah Wajak, Malang Regency, Thesis, Poltekkes Kemenkes Malang, Applied Health Promotion Undergraduate Study Program. Supervisor I : Drs. Moh Zainol Rachman, S.ST., M.Kes, Supervisor II : Pudji Suryani, S.Kp., MKM*

Most school children's snacks are found to not meet health requirements because they contain many food additives (BTP) that exceed safe consumption limits. School Children's Snack Food (PJAS) plays an important role in fulfilling the nutritional and energy intake of school-age children. However, the number of food poisoning in children continues to increase due to low knowledge about food safety. There are various ways to prevent food poisoning, one of which is by providing education about choosing healthy snacks. The method and media that can be used in the health education process is storytelling using fable puppet media. This research aims to determine the effect of education using fable puppets on the knowledge and attitudes of choosing healthy snacks for grade 3 students at MI Al Hidayah Wajak, Malang Regency. This research is quantitative research using a pre-experimental design and a One Group Pre-test Post-test design approach. The sample in this study was all 64 grade 3 students with total sampling. The instruments are in the form of questionnaires to collect knowledge data and checklists to collect attitude data. Data analysis used the Wilcoxon Signed Rank Test with analysis results for the knowledge variable $p = 0.000$ and the attitude variable $p = 0.000$. It can be concluded that providing education using wayang fable media for grade 3 students influences increasing knowledge and attitudes in choosing healthy snacks. For future researchers are that they can carry out further research on choosing healthy snacks for students not only in grade 3, but also for students in another class.

Keywords: Healthy snacks, Knowledge, Attitude, Fable puppets