

ABSTRACT

Aghnia, Fierlita Rizqi. 2024. The Effect of Education Using Puzzle Card Media on the Skills of Choosing Healthy Snacks in School Children at Merjosari 2 State Elementary School, Malang City, Thesis, Malang Ministry of Health Poltekkes Applied Health Promotion Bachelor Study Program. Advisor I : Dr. Ganif Djuwadi, SST, S.Pd, M.Kes, Advisor II : Wandu, S.Kep.Ners., M.Pd

Consuming healthy snacks is important for helping school children's growth and development process. Based on Indonesian Food and Drug Authority findings, more than 99% of children still choose to consume snacks at school. The results of Indonesian Food and Drug Authority supervision show that school children's snacks do not meet food safety requirements, namely around 40% - 44% due to hazardous ingredients. In response to this, health promotion seeks to improve school children's skills in choosing healthy snacks through education using puzzle card games. This research aims to determine the effect of education through puzzle card media on the skills of choosing healthy snacks among school children at Merjosari 2 State Elementary School, Malang City. The design of this research is a pre-experimental, one-group pre-test post-test design. The population of this study was in classes IV, V, and VI of Merjosari 2 State Elementary School, Malang City, totaling 84 students. A sample of 39 respondents was taken using the technique of proportionate stratified random sampling. The research results showed that during the pre-test, most respondents needed guidance (56.4%), while in the post-test, most respondents had excellent skills (66.7%). Wilcoxon test results $p = 0.000$, meaning puzzle card media influences skills in choosing healthy snacks. So, puzzle card media should be used to improve skills in choosing healthy snacks.

Keywords: puzzle card media, skills, healthy snacks