

ABSTRACT

Dheananta, Devina. 2023. The Influence of Education Using Animated Video Media About Healthy Snacks on the Behavior of Choosing Healthy Snacks of Students at SD Negeri Ngemplakrejo Pasuruan City, Thesis, Poltekkes Kemenkes Malang Bachelor of Applied Health Promotion Study Program. Supervisor I : Jupriyono, S.Kp.,M.Kes, Advisor II : Wandu, S.Kep.Ners.,M.Pd

The large number of students who have not been able to choose healthy snacks can increase the risk of various diseases such as diarrhea, poisoning. Based on the 2021 POM UPT report, there were 50 KP outbreaks with a total of 2,569 people exposed and in Pasuruan City there were 5,488 cases of diarrhea. Knowledge of choosing snacks can be a way to avoid the risk of disease caused by random snacks. Therefore, there is a need for education using interesting media to increase knowledge that will influence the behavior of choosing healthy snacks at SD Negeri Ngemplakrejo. The purpose of this study was to determine the effect of education using animated video media on the behavior of choosing healthy snacks at SD Negeri Ngemplakrejo, Pasuruan City. Pre-experimental research with one group pre-test post-test design. A sample of 68 students used a proportional random sampling technique with questionnaires and observation sheets as research instruments. The test used is the Wilcoxon Signed Ranks with the results on the variable knowledge $p = 0.000$, attitude $p = 0.000$ and action $p = 0.000$. The results of the analysis showed that there were differences and significant increases in the variables of knowledge, attitudes and actions before and after the intervention was given, namely the effect of education using animated videos on the behavior of choosing healthy snacks. Furthermore, this animated video media can be used as a choice of media solutions in learning at school about healthy snack foods.

Keyword : education, animated video media, behavior, healthy, snacks