

ABSTRACT

Indriyani, Kartika. 2023. *The Effect of Booklet Media on Knowledge and Attitudes towards Obesity Prevention among 5th Grade Students at MINU Polowijen School in Malang City, Thesis, Poltekkes Kemenkes Malang, Bachelor of Applied Health Promotion Program. Advisor I : Budi Suharno, S.KP., M.Kes, Advisor II : Drs. Moh.Zainol Rachman.,SST.,M.Kes*

Obesity in children is a serious health problem, indicating that their weight exceeds the average BMI (body mass index) and is above the normal range. In the Polowijen area of Malang City, the prevalence of central obesity among children under 15 years old is 39.95%. A preliminary study conducted by researchers at MINU Polowijen in Malang City identified several fifth-grade students who appeared to be overweight. The aim of this research is to determine the influence of a booklet media on the knowledge and attitude towards obesity prevention among fifth-grade students at MINU Polowijen in Malang City. This study utilizes a quantitative pre-experimental design with a one-group pre-test post-test approach. The population and sample of the study consist of two fifth-grade classes, with a total of 62 students, at MINU Polowijen in Malang City. The sample for this research includes 62 fifth-grade students from MINU Polowijen. Data collection techniques involve interviews and measurement of knowledge and attitudes. Prior to the intervention, the respondents' knowledge (68%) was categorized as lacking, and their attitudes (100%) were categorized as negative. After the intervention, knowledge (100%) was categorized as good, and attitudes (100%) were categorized as positive. The data were analyzed using the Wilcoxon test, and the results showed that the p-value for knowledge of obesity prevention was $0.000 < \alpha (0.05)$, and the p-value for attitudes towards obesity prevention was $0.000 < \alpha (0.05)$. This indicates that there is an influence of the booklet media on knowledge and attitudes towards obesity prevention. In conclusion, the booklet media can be a solution to improve knowledge and attitudes towards obesity prevention. As a recommendation, students are encouraged to utilize the booklet to practice obesity prevention in their daily lives.

Keywords: *Obesity, Booklet, Knowledge, School-aged children*