

ABSTRACT

Maghriza, Shafa, 2023. The Effect of Health Education with Animated Video Media on the Knowledge of Elementary School Age Children Regarding the GERMAS Program for Fruit and Vegetable Consumption at MI Tabiyatul Ulum Batu City, Thesis, Poltekkes Kemenkes Malang Bachelor's Program Applied Health Promotion. Supervisor I: Pudji Suryani, S.Kp, MKM, Supervisor II: Dimas Dwi Yoga Saputra, STT, M.Kes.

Fruit and vegetable consumption is one of the activities in the GERMAS program, which includes simple indicators of balanced nutrition for primary school-age children that are still low. This is because these food groups are less favored by children, therefore education is needed that can increase children's knowledge. One of them is through animated video media. The purpose of this study was to determine the effect of health education with animated video media on the knowledge of elementary school children related to the GERMAS program for fruit and vegetable consumption at MI Tabiyatul Ulum Batu City. This research is a quantitative study using a pre-experimental design with a one group pre-test post-test approach. The sample of this study was fourth grade students totaling 44 respondents which included total sampling. This research instrument used a questionnaire to examine data on respondents' knowledge about fruit and vegetable consumption, the data were analyzed using the Wilcoxon Test. The results showed that the knowledge of respondents in the good category increased from 25% to 81.8%. The results of the analysis of knowledge data obtained p value (0.000), it can be concluded that there is an effect of health education with animated video media on the knowledge of elementary school children related to the GERMAS program for fruit and vegetable consumption at MI Tabiyatul Ulum Batu City. Suggestions can be expected for efforts to increase knowledge with Health Education using animated video media.

Keywords: Health Education, Video Animation, Fruit and Vegetable Consumption