

ABSTRACT

Tri Ambarwati, 2025. Differences in Students' Knowledge Level Before and After Being Given Nutrition Counseling on Obesity Prevention with Animated Video Media at SDN Tanahmerah Laok 3 Bangkalan Regency. Supervisors: Sugeng Iwan Setyobudi, STP., M.Kes and Tapriadi, SKM., M.Pd.

Background: Obesity in elementary school-aged children is a nutritional problem that can have long-term health impacts, such as cardiovascular disease and type 2 diabetes mellitus. One contributing factor is a lack of nutritional knowledge. Preventive measures can be implemented through nutrition education using engaging and easily understood animated videos. **Objective:** To determine the differences in students' knowledge levels before and after being given nutritional counseling on obesity prevention using animated video media at SDN Tanahmerah Laok 3. **Methods:** This study used a pre-experimental design with a one-group pre-test post-test design. A sample of 37 fourth and fifth grade students was selected using a purposive sampling technique according to the inclusion criteria. The research instrument was a knowledge questionnaire consisting of 12 multiple-choice questions. Data analysis used the Wilcoxon Signed-Rank Test because the data were not normally distributed. **Results:** The average knowledge score before counseling was 50.89 and increased to 89.86 after counseling. The Wilcoxon test showed a p value = 0.000 ($p < 0.05$) which means there was a significant difference in the level of student knowledge before and after being given nutrition counseling using animated video media. **Conclusion:** Nutrition education using animated videos effectively increased elementary school students' knowledge about obesity prevention. This medium can be used as an alternative for nutrition education in elementary schools.

Keywords: nutrition counseling, animated videos, knowledge, obesity.