

ABSTRACT

Background: School-age children have a diet that tends to be high in snacks and low in fruits and vegetables. If there is no balance between food intake and nutritional adequacy, it can cause nutritional problems, both over nutrition and under nutrition. One way to prevent nutritional problems is by increasing nutritional knowledge in school-age children through education about my plate, because diet affects the nutritional status of individuals. Elementary school children have their own characteristics so that in conveying information, supporting media is needed. Students are interested in books that have pictures, colors, and are illustrated in the form of interesting cartoons. However, there are still few illustrated media to convey balanced nutrition messages. Research objectives: To produce a picture story book about my plate for elementary school children.

Methods: This study used an RnD approach based on the ADDIE Model (Analyse, Design, Development, Implementation, and Evaluation) by following the Borg and Gall development procedure. The media was validated by 5 validators consisting of 1 media expert, 1 linguist, 1 nutritionist, 1 promkes person, 2 agency validators, and 25 grade VI students of Al-Falah Islamic Elementary School in Jambi City as a participant group. Data collection used literature and interviews. Data were analyzed manually.

Results: The development of illustrated storybooks about my plate begins with identifying potential and problems, collecting data, and information. Making product design using Ibis Paint X. The product obtained validation results, namely media experts at 95% (very feasible), language experts at 88% (very feasible), nutritionists at 91% (very feasible), the Jambi City Health Office health promotion sector at 86% (very feasible), agency validators at 96% (very feasible). After receiving suggestions and comments from the validators, the product was then revised. Then the product was tested in a limited trial on a group of participants with a percentage of 88% (very feasible). So that the media is categorized as very feasible.

Conclusion: Picture storybooks about my plate can be used as health education media with a very feasible feasibility test. Suggestion: Picture storybooks can be digitized based on android.

Keywords: Education, Nutrition, My Plate, Picture Storybook, Elementary School

ABSTRAK

Latar Belakang: Anak usia sekolah memiliki pola makan yang cenderung tinggi mengonsumsi jajanan dan rendah buah dan sayuran. Apabila tidak ada keseimbangan antara asupan makanan dan kecukupan gizinya, dapat menyebabkan masalah gizi, baik gizi lebih maupun gizi kurang. Salah satu cara untuk mencegah masalah gizi dengan meningkatkan pengetahuan gizi pada anak usia sekolah melalui edukasi tentang isi piringku, karena pola makan mempengaruhi status gizi individu. Anak usia sekolah dasar memiliki karakteristik tersendiri sehingga dalam menyampaikan informasi, dibutuhkan media yang mendukung. Siswa tertarik dengan buku yang memiliki gambar, berwarna, dan diilustrasikan dalam bentuk kartun yang menarik. Namun masih sedikitnya media bergambar untuk menyampaikan pesan gizi seimbang. Tujuan penelitian: Dihasilkannya buku cerita bergambar mengenai isi piringku untuk anak usia sekolah dasar.

Metode: Penelitian ini menggunakan pendekatan RnD berdasarkan Model ADDIE (*Analyze, Design, Development, Implementation, dan Evaluation*) dengan mengikuti prosedur pengembangan Borg dan Gall. Media divalidasi oleh 5 validator yang terdiri dari 1 ahli media, 1 ahli bahasa, 1 ahli gizi, 1 orang bidang promkes, 2 orang validator instansi, dan 25 siswa kelas VI SD Islam Al-Falah Kota Jambi sebagai kelompok partisipan. Pengumpulan data menggunakan studi literatur dan wawancara. Data dianalisis secara manual.

Hasil: Pengembangan Buku cerita bergambar mengenai isi piringku diawali dengan mengidentifikasi potensi dan masalah, pengumpulan data, dan informasi. Pembuatan desain produk menggunakan aplikasi Ibis Paint X. Produk memperoleh hasil validasi yaitu ahli media sebesar 95% (sangat layak), ahli bahasa sebesar 88% (sangat layak), ahli gizi sebesar 91% (sangat layak), bidang promosi kesehatan Dinas Kesehatan Kota Jambi sebesar 86% (sangat layak), validator instansi sebesar 96% (sangat layak). Setelah mendapat saran dan komentar dari validator, produk kemudian direvisi. Lalu produk di uji coba secara terbatas pada kelompok partisipan dengan persentase 88% (sangat layak). Sehingga media dikategorikan sangat layak.

Kesimpulan: Buku cerita bergambar mengenai isi piringku dapat digunakan sebagai media edukasi kesehatan dengan uji kelayakan sangat layak. Saran: Buku cerita bergambar dapat digitalisasikan berbasis android.

Kata Kunci: Edukasi, Gizi, Isi Piringku, Buku Cerita Bergambar, Sekolah Dasar