

CHAPTER I

INTRODUCTION

1.1. Background

Elementary School children (7 – 12 years old) are the age group who still experiencing growth and development and needs adequate nutritional that suitable to support their growth and development. At this time children have poor eating habits so that many nutritional need can not be fulfilled optimally (Marisa dan Nuryanto,2014).

One of nutritional behavior risk of school children is obesity which is when there is an excess consumption foods rich of energy, saturated fat, sugar and salt but less to consume vegetables, fruit and cereals. Most of nutritional problems in school children are malnutrition, such as stunted children (Height and weight do not appropriate with normal standards) (Risksedas, 2014).

The results of baseline health research (Risksedas) 2013, showed that national prevalence of stunted children aged 5-12 years was 30.7%. The prevalence of thinness (according to body mass index (BMI/A) was 11.2%. To prevent the emergence of these nutritional problems, Need to be socialized guidelines of balance nutrition that contain four pincipels among ofeating many kind foods, physical activity, clean living and maintaining a normal body wight.

The Data of Basic Health Research (Risksedas) on 2018, it is known that 94% of people in East Java age > 5 years less consumption of vegetables and fruit, and specifically in the region of Ngawi is 96%. As for the behavior of handwashing correctly in the population age > 10 years in East Java averages 55%. Data on physical activity of less than > 10 years of age is 33.5%, this figure is increased compared to the year 2015 which is 20%.

Guidelines for balanced nutrition in Indonesia can be used as a guide in behavior for children to live a nutritious and healthy life (Hardinsyah and Supriasa 2016). To optimize the promotion of balanced nutrition messages to the public, are needed accurate communication, information, and education and based on community. The role of nutrition education by using media is to help the process of sending nutritional messages and motivate the target person so that the nutritional message given can be well received (Cita, 2014).

There are two visualizations of balanced nutrition, namely Balanced Nutrition Tumpeng and my dinner plate, one meal portion. The balanced nutrition stack is intended as a description and simple explanation of the guidelines for the portion (size) of eating and drinking as well as daily physical activities, including washing hands before and after eating and monitoring weight (Kemenkes RI, 2014).

Nutrition education and counseling by using the slogan 4 Healthy 5 Perfect that began in 1952, has succeeded in instilling an understanding of the importance of nutrition and then changing people's consumption behavior (Kemenkes RI, 2014). The concept of four healthy five perfect has been well socialized in Indonesia and in other countries. But, in the following years there was a lot of research analyzing the facts of nutrition problems especially various dual problems of nutrition, namely malnutrition and excess nutrition which will have an impact on the emergence of health problems in the community in various regions and certain groups both in Indonesia and in other countries in the world, so that the principle is considered to be no longer relevant as a nutrition guide (Rahayu, 2015).

Less precise promotional media can result in the completion of the message contained in the media (Kostanjevec et al, 2011) according to Charina (2010) one of effective ways of learning is making games, for example, a game of snake and ladders game that contain a few questions. If the player cannot answer the question then it should go back the starting line. Snake and ladder game is effective to improve the knowledge about

fruit and vegetable especially at Islamic Junior High School (MTs-S) almanar (Handayani at all, 2017).Nurussalam Islamic Elementary School of islamic education under the supervision Gontor lacated at East Java. By the explanation above, the author interest to take the title in thus study is the effect of snakes and ladders game as media education for balanced nutrition guidelines on the knowledge and attitudes among Nurusalam Islamic Elemtary School student.

1.2. Statement of Problem

Doessnake and ladder game aseducational mediaof balanced nutrition guidelines effect on the knowledge and attitude among Nurussalam Islamic Elementary School students?

1.3. Objective Research

1.3.1. General Objective

The general purpose of this research is to know the effect of snake and ladder game as an educational mediaof balanced nutrition guidelines on knowledge and attitudesamong Nurussalam Islamic Elementary School students.

1.3.2. Specific Objective

The specific objectives of the study are:

- a. Analyzing the effect of knowledge and attitude before and after giving snake and ladder game media of balanced nutrition guidelines with lecture
- b. Analyzing the effect of knowledge and attitude before and after giving balanced nutrition guidelines education with lecture method.
- c. Analyzing the different level of knowledgegiving snake and ladder game media with lecture method and lecture media only
- d. Analyzing the different level of attitude giving snake and ladder game media with lecture method and lecture media only

1. 4. Research Benefits

1.4.1. Theoretical Benefit

Provide basic scientific information on educational media of balanced nutrition guidelines on the knowledge and attitude among nurussalam islamic elementary school students.

1.4.2. Practical Benefit

As an effort to improve the knowledge and attitude in implementation of balanced nutritional guidelines.

1.5. The Authenticity of Research

Table 1. The Authenticity of Research

No	Research title	Variabel and research draft	Result of research	Different
1	The effect if health education about Hygienic and Health Behaviour with snake and ladder game and lectures to knowledge on national elementary school limpakuwus, banyumas 2017 (Nurhidayatun, A. Hilal, N. 2017)	Dependent variable Knowledge Independent variable : Snake and ledder education The research used the quasi design of the with experiment pre and post design..	Education with snake and ladder game can improve the knowledge	The sampling method on this research was simple random sampling. The variables were the knowledge and attitude of balanced nutrition guidelines

2	<p>The Influence of health education with the snake and ladder methode about prevention of plague disease the level of knowledge and attitude student of elementary school 1 selo boyolali (Zamzami,M. Astuti,D. Werdani,K.E. 2014)</p>	<p>Dependent variables: The influence of health education by the method of the snake and ladders Independent variables: Prevention of Plague disease This type of research was quasi experiment using non-equivalent control group design</p>	<p>There was a health education influence by Snake and Ladder method</p>	<p>The sampling method on this research was simple random sampling. The variables were the knowledge and attitude of balanced nutrition guidelines</p>
3	<p>The influence of counseling with the game snake and ladder on the knowledge of fruit and vegetable in students MTs-S Almar hampan perak district (Handayani, I., Lubis.Z., Aritonang, E.Y., 2017)</p>	<p>Dependent Variables: Counseling with snake and ladder media Independent Variable: Knowledge of fruits and vegetables. Design: quasi eksperiment with pretest and posttest control group design.</p>	<p>Providing counseling with snake and ladders game media that modified about the picture fruit and vegetable material had a positive influence to student of MTs-S Almar</p>	<p>The statistical test used in this study was wilcoxon test to determine the influence of counseling with snakes and ladders game at the level of knowledge of balanced nutrition guidelines and mann-whitney test to know the influence of counseling by knowledge level of balanced nutrition guidelines.</p>
