

The Effect of Counseling on Snack Food for School Children on Students' Knowledge and Attitudes About Snacks during the Covid-19 Pandemic

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Abstract: The snack food of schoolchildren (PJAS) is a snack found in school wards and is a daily consumed schoolboy, consisting of drinks, fruits, snacks, and snacks for children during recess and after school. The purpose of this study is to know the level of students' knowledge and attitude about the snack before the application and after the application of school child snack food. The study used experimental methods, the research that gave intervention to the sample studied with the design of *One - Group Pretest - Posttest Design*. The design uses one group of respondents as a sample to pretest and posttest. Research samples taken by the method of stratified random samples were obtained with a total of 40 samples. The locus is Madrasah Ibtidaiyah Chairul Bariyah Sei Semayang Village. Studies indicate that there is a difference in knowledge and students' attitudes about the food children's snacks before and after education is offered. All respondents (100%) had a good knowledge of and attitude after they were given an education about the welfare of schoolchildren. In conclusion, students have a good knowledge and attitude about a child's snack after tutoring. It is recommended to school authorities adopt a child's healthy snack policy and school performance.

Keywords: food snack, school children, education, experimentation

Introduction

Indonesia is facing the nutrition repair task leading to better conditions. Improved nutrition efforts to improve individuals and communities, among other things, by improving food consumption, improved conscious behavior, physical and health activity, and improved access to quality services by the advances of science and technology embodied in legislation no.36 years 2009 (Kemenkes, 2009). Then, it can be done well by synergizing the various sectors associated with nutrition, health, and food.

According to regulation no. 18 2012, the purpose of the food arrangement is to increase public knowledge that is safe, profitable, and nourishing to be consumed by society (Kementerian Pertanian, 2012). This food security is aimed at all levels of society, both children and adults. Safe food is important to care for in public health and to grow a brilliant generation. More than that, Indonesia is now faced with more total nutrition and obesity along with more nutrition in the country (Kementerian PPN/Bappenas, 2019). Even studies conducted by Nutrition of Diponegoro university state currently in Indonesia Faced with the triple burden of total overweight or obesity together with malnutrition and micronutrient deficiency. More than that, some more than others are more effective than others.

The nutritional problems a person faces can begin in the infancy of a fetus or be discovered in adolescence because of an unhealthy lifestyle. Problems raised from infancy usually settle down and impede a child's growth. Consequently, the child grows up disabled and has poor

performance at school. It is an essential element in creating superior human resources. Good nutrition results in healthy, physically strong, productive, and competitive people.

Children's nutritional needs vary according to their age. The first 1000 days of nutritional life should be filled to optimize the golden period of child growth. Then move on to school age the need for nutrients that build such as carbohydrates, proteins, and other nutrients must also be met. School-age children are still seeing growth and development, requiring adequate food consumption with balanced nutrition. According to riskesdas (2010), At 44.4% and 30.6% of children aged 7-12 consume energy and proteins below normal figures, whereas based on a study of levels of energy and protein from 7-12 years of age ranges between 71.6-89.1% and between 85.1-137.4%.

The causes of low levels of energy and proteins in school-age children are due to immediate and indirect factors. Factors are directly affected by food intake and infectious disease. While factors are not directly affected by economic levels, nutritional knowledge and the way of processing and distribution of food (Irianti, 2018). The result of poor nutritional status will be poor school performance.

This study is through a preliminary survey process to learn the student's knowledge and attitude toward school children's food habits. A survey was made of 10 (ten) students randomly to meet for interviews regarding school food snacks. Most students (80%) claim always to snack at school during recess. Only 20% of the students reported bringing supplies from home. Present-day covid-19 conditions apply shifts to teaching activities, which means students keep coming to school and school sessions. However, all the students claimed to be bringing drinking water from home. They claimed that parents forbade the sachet snack in school because it could cause a cough. When asked about healthy snacks, 10 of the students said they had no idea, since they had never had education about healthy snacks. It's also validated by the school management. An initial survey of researchers found it interesting to study the effect of schoolchildren's food processing on healthy knowledge and attitudes during the covid-19 pandemic at madrasah Ibditaiyah Chairul Bariyah, sei Semayang village, Sunggal.

Method

The study employed experimental methods aimed at testing the effect of one variable on another. The experiments used in this study are pseudo experiments or experimental quasi. The method of pseudo experiments was done on one group of respondents by looking at the comparison of the knowledge and attitude of the students before and after the introduction of the school's snack food called the one-group pretest-posttest design. The population in the study number 138 in 4th, 5th, and 6th graders. The reason this class is because 4th, 5, and 6 students already have good reasons so it's easier to accept corrections and fill questionnaires.

Table 1. Total Population

TOTAL STUDENT					
Class IV-a	Class IV-b	Class V-a	Class V-b	Class VI	Total
28	28	25	24	33	138

The study was conducted on samples but the results could be applied to the population. So a proportional process of sample removal created a representative number of samples. So that the study sample was determined by the proportionate stratified random sampling, this is because the study population is comprised of some strata or class groups. So to determine the

number of samples first known population of all strata. Then determine a large percentage of samples from the entire population. Researchers determined 30% for the sample taking. Then obtained a sample as follows:

Table 2. Total Sample

No	Class	Percentage	Sample
1	IV-a	28 x 30%	8
2	IV-b	28 x 30%	8
3	V-a	25 x 30%	7
4	V-b	24 x 30%	7
5	VI	33 x 30%	10
	Total		40

The study aims to obtain primary data about students' knowledge and attitude about the food children's snacks before and after being enlightened. To measure knowledge and attitudes before and after interventions use questionnaires. Questionnaires consist of three parts that are characteristics of the respondents, questions about knowledge, and attitudes. Data analysis USES univariable analysis with frequency distribution, and independent tests to see how school children's food dispenses with knowledge and attitudes about healthy snacks.

Result

Based on the results of the study of class IV, V, and VI students in MI. Chairul Bariyah obtained a student's knowledge data before counseling in a group of 25 (62.5%) students who have good knowledge and 15 (37.5%) students who have inferior knowledge of healthy food. As with the food treatment of school children, 40 (100%) students have good knowledge.

Then for the student's attitude before being given healthy snacks is as much as 20 (50%) students have a good attitude and 20 (50%) students have a bad attitude. After the school child snack administration, students' attitudes change (100%) toward healthy snacks.

From the results of the above study, it was found that counseling can change a student's knowledge and attitude about healthy food on nolai had a smaller significance than 0,05.

Discussion

Knowledge is the result of knowing a person through human sensing of an object. Knowledge occurs after a person has seen or heard an object, so knowledge is affected by the intensity of one's attention to a specific object (Notoatmodjo, 2018). School children's behavior is closely linked to knowledge. Knowledge can be gained from learning or others so that a child's knowledge grows in how to choose wholesome food.

Studies indicate there has been a significant change in student knowledge before and after tutoring. This coincides with briawan's study (2015), stating that knowledge, attitudes, and behavior of students change for the better after healthy snack education in the primary school for healthy snack education participants, averaging a 14.2 percent increase in knowledge, 7.4% in attitudes and a decline in improper practices by 134%.

To gain a change in knowledge and a better trend toward school children's snacks requires effort to increase the awareness of various parties in healthy snack food. Sapiun research (2019) refers to building safety awareness of schoolchildren by counseling and identifying the

students' knowledge and attitudes of healthy food before and after it was given. There was a significant change in the results of the study. It's obtained that student min 1 city Gorontalo was 35 percent less well and 65% better before counseling. After the student-knowledge training changes by 10% poorly, and 95% have good knowledge (Sapiun et al., 2019).

In addition to knowledge, attitude is also important in the development factor of behavior. An attitude is a positive awareness and an attitude based on one's knowledge that can lead to lasting behavior. It is therefore dominant factor in shaping one's attitude and behavior, (Notoatmodjo, 2010) Based on research (Anwarah Andriani, Moh. Wildan, Said Mardijanto, 2015) Indicates that an elementary school child's attitude in a negative consumption of snacks before being enlightened by 27 people (51.9%), while having received a positive grade school child's attitude of 40 (63.73%). As the result of this study is that the students' initial attitude toward healthy food by 50% who have a good attitude increased to 100% after being fed school snack. The results of the same study are also stated by Nur & Duanita (2019), that the student's prior attitude is 50.8% of the good attitude. After being enlightened there is a 75.4% increase in good manners (Nur & Duanita, 2019).

The study uses the refining method as an effort to increase the student's knowledge and attitude about the child's snack food. The media used was the PowerPoint slide with information and pictures related to a child's food snack. The slide was also printed and given to the students. Media powerpoints are a straightforward and effective medium as an aid to enlightenment. Norazizah's study (2016) cited media powerpoints and videos effectively to increase respondents' knowledge of cervical cancer by 15.75 points (Studi et al., 2016).

Conclusion

This study concludes that education is an easy method to improve students' knowledge and attitude about the food of healthy children. Student knowledge changed to 100% fine after counseling. It is similar to the student's attitude that is changed 100% after being treated for school snack food. It is recommended for further study to study the food management of schoolchildren's snack foods from the side of school policy and cafeteria administrators.

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