

**ABSTRACT**

**THE EFFECTS OF HEALTH EDUCATION WITH LECTURE METHOD  
ON KNOWLEDGE, ATTITUDES, ACTION OF BREAKFAST ON  
SCHOOL CHILDREN AT SDK SANTA THERESIA II SURABAYA**

*Quasy Experiment Study*

**By: Cahya Mustika Narendri**

Breakfast is the food consumption activity that contain balance nutritions to fulfill 20-25% of total daily energy that to do in early morning before undertake the schools activity. Irregular breakfast lead to over weight , obesity , lack of nutrition such as protein, iron, vitamin A can cause of unhealthy life style.

This study was aimed to examine influence of health education using lecture method on knowledge, attitude, and action of breakfast on School children at SDK St. Theresia II Surabaya. Design used in this study was a quasy-experimental using pretest-posttest control group design. The population were students of class IV at SDK Santa Theresia II Surabaya with 60 responden in total. Data were collected using questionnaire and then analized using Wilcoxon sign rank test and Mann Whitney U test with level of significance  $<0,05$ .

The result showed that there was significant effects of health education with lecture method in knowledge ( $p=0,010$ ), attitudes ( $p=0,012$ ), and action( $p=0,050$ ). The statistical analysis showed that there were differences in posttest result of treatment and control group on knowledge, ( $p=0,010$ ), attitudes ( $p=0,020$ ) and nothing differences in action ( $p=0,190$ ).

Health education using lecture method could improve the knowledge and attitudes , but have no effect on the action. Nurse as health provider could use the lecture method to improve the knowledge , attitudes and actions breakfast for school children .

**Keywords:** breakfast, lecture, knowledge, attitudes, action, school aged children