

ABSTRACT

Primary students prone to get food poisoning. Habit on buying snacks at school or outside without looking carefully to the food safety will be bad for children's health. The purpose of this study was to analyze the effect of nutrition education about children's snacks safety toward the knowledge and self-efficacy of snacks selection among fifth grade students in SDN Kalisari I/242 and SDN Sutorejo I/240 Surabaya.

This research used quasi experiment with pretest-posttest control group design. The sample was divided into intervention group and control group with 32 students for each group selected by simple random sampling. Intervention group was given education by online with self-efficacy theoretical approach and booklet, while control group only got the booklet. The variables studied were respondent characteristics, parent characteristics, used of social media, role model, knowledge, and self-efficacy. The difference between data before and after education was analyze with Paired T-Test, Independent T-Test, Wilcoxon Signed Rank Test, and Mann Whitney U Test.

The results showed that there was a significant changing in the level of knowledge in intervention group ($p=0.005$) and control group ($p=0.037$). The Improvement score of good knowledge category in intervention group was higher than control group. Before the education, 18 students (56.3%) of intervention group had good knowledge category and after the education increase to 31 students (96.9%). Neither barrier nor task self-efficacy were changing significantly in both groups, but the task efficacy level was significantly difference ($p=0.038$) between intervention group and control group after the nutrition education was given.

Conclusion of this study was nutrition education has an effect on knowledge, but it has no effect on respondent's self-efficacy. Education about food safety should be done by teachers and parents as student's role model to motivating and improving self-efficacy on selection of safe and nutritious snacks.

Keywords: knowledge, self-efficacy, education, food safety

ABSTRAK

Anak sekolah dasar rentan mengalami keracunan makanan. Kebiasaan jajan di sekolah ataupun di luar sekolah tanpa memperhatikan keamanan jajanan yang dibeli dapat berdampak buruk bagi kesehatan anak. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi gizi keamanan pangan jajanan anak sekolah terhadap pengetahuan dan *self-efficacy* pemilihan jajan pada siswa kelas 5 di SDN Kalisari I/242 dan SDN Sutorejo I/240 Surabaya.

Penelitian ini merupakan penelitian *quasi experiment* dengan model *pretest-posttest control group design*. Sampel dibagi menjadi kelompok perlakuan dan kelompok kontrol dengan jumlah sampel masing-masing kelompok 32 siswa yang dipilih menggunakan teknik *simple random sampling*. Kelompok perlakuan diberikan edukasi secara daring dengan pendekatan teori *self-efficacy* dan media *booklet*, sedangkan pada kelompok kontrol hanya menggunakan media *booklet*. Variabel yang diteliti adalah karakteristik responden, karakteristik orang tua responden, penggunaan media sosial, peran *role model*, pengetahuan, dan *self-efficacy*. Perbedaan dari data sebelum dan sesudah edukasi diuji menggunakan *Paired T-Test*, *Independent T-Test*, *Wilcoxon Signed Rank Test*, dan *Mann Whitney U Test*.

Hasil penelitian menunjukkan terdapat perubahan tingkat pengetahuan yang signifikan pada kelompok perlakuan ($p=0,005$) dan kelompok kontrol ($p=0,037$). Peningkatan nilai pengetahuan kategori baik pada kelompok perlakuan lebih tinggi dibandingkan dengan kelompok kontrol. Sebelum edukasi, 18 siswa (56,3%) kelompok perlakuan memiliki pengetahuan baik dan sesudah edukasi meningkat menjadi 31 siswa (96,9%). Tidak terdapat perubahan peningkatan *self-efficacy* (*barrier* dan *task*) yang signifikan ($p>0,05$) pada kedua kelompok, namun ada perbedaan tingkat *task efficacy* yang signifikan ($p=0,038$) antara kelompok perlakuan dengan kelompok kontrol sesudah diberikan edukasi gizi.

Kesimpulan penelitian ini adalah edukasi gizi berpengaruh terhadap pengetahuan, namun tidak memiliki pengaruh terhadap *self-efficacy* responden. Sebaiknya perlu dilakukan edukasi keamanan jajanan oleh guru dan orang tua sebagai *role model* siswa untuk memotivasi dan meningkatkan *self-efficacy* pemilihan jajan siswa yang aman dan bergizi.

Kata kunci: edukasi, keamanan pangan, pengetahuan, *self-efficacy*