

# Pengaruh peer edukasi tentang jajanan sehat terhadap perilaku anak usia sekolah di Kota Lhokseumawe - Provinsi Nanggroe Aceh Darussalam = The Impact of Peer Education on Healthy Food Toward School Age Children Behavior at Lhokseumawe of Nanggroe Aceh Darussalam

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## Abstrak

Peer edukasi tentang jajanan sehat anak usia sekolah merupakan pendidikan kelompok sebaya yang diberikan untuk meningkatkan dan mempertahankan derajat kesehatan anak usia sekolah, peer edukasi yang selama ini ada di masyarakat lebih banyak ditemukan pada kelompok usia remaja. Tujuan dari penelitian ini adalah untuk melihat pengaruh peer edukasi tentang jajanan sehat terhadap perilaku anak usia sekolah di kota Lhokseumawe, Propinsi Nanggroe Aceh Darussalam. Jenis penelitiannya yaitu eksperimen semu, desain non-egivalent pretest-postest with control group, dengan intervensi peer edukasi anak usia sekolah. Proses penelitian telah dilaksanakan pada bulan April-Mei 2009 di Kota Lhokseumawe. Metode pengambilan sampel dengan menggunakan multistage random sampling, jumlah sampel 224 (112 responden kelompok intervensi, dan 112 responden kelompok kontrol). Hasil penelitian menunjukkan Pengetahuan, sikap dan keterampilan anak usia sekolah setelah mengikuti peer edukasi lebih baik secara bermakna dari sebelum mengikuti peer edukasi. Pengetahuan, sikap dan keterampilan anak usia sekolah pada kelompok intervensi yang mengikuti peer edukasi lebih baik secara bermakna dari pengetahuan, sikap dan keterampilan anak usia sekolah pada kelompok kontrol yang tidak mengikuti peer edukasi. Ada hubungan signifikan antara umur dengan peningkatan pengetahuan. Tidak ada hubungan yang signifikan antara umur terhadap sikap dan keterampilan. Tidak ada hubungan yang signifikan antara jenis kelamin terhadap peningkatan pengetahuan, sikap dan keterampilan. Tidak ada hubungan yang signifikan antara jumlah uang jajan terhadap peningkatan pengetahuan, sikap dan keterampilan. Berdasarkan hasil tersebut perlu mengoptimalkan kegiatan kelompok sebaya melalui kegiatan UKS yang terintegrasi dalam mata pelajaran reguler.

.....Peer education on healthy food among school age children is an education group for the same age which is provided to improve and maintain health level of school age children. Peer education which is in community today is finded on adolescent group. The purpose of this study to find the impact of peer education on healthy food toward school age children behavior at Lhokseumawe in province of Nanggroe Aceh Darussalam. This study used a quasi-experimentai, design of non-equivalent pretest postest with control group by the intervention of peer education for school age children. Study process was conducted on April until May 2009 in Lhokseumawe. Sampling method used a multistage random sampling, the number of samples were 224 respondents (112 respondents were in intervention group and 112 respondents were in control group). From study result indicated knowledge, attitudes and skills of school age children after peer education were better significantly compared before peer education. Knowledge, attitudes and skills of school age children in intervention groups which followed peer education were better significantly compared with knowledge, attitudes and skills of school children in control group who did not follow peer education. There was a significant relationship between age and knowledge improvement. There was no significant relationship between age and the attitudes and skills. There was no significant relationship

between sex and knowledge improvement, attitudes and skills. There was no significant relationship between the amount of pocket money and knowledge improvement, attitudes and skills. Based on the needs above, it needs to optimize group activities of UKS which is integrated in regular lesson at school.