

ABSTRAK

Achnia Azla :Pengembangan Media Edukasi Gizi Heksanutri Tentang Gizi Seimbang Pada Anak Sekolah Dasar di SDN No.020267 Binjai. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2024

Penelitian ini dilatarbelakangi oleh terbatasnya penggunaan media belajar dan kurangnya pengetahuan gizi seimbang siswa di SDN No.020267 Binjai. Didapatkan bahwa 10 dari 15 siswa memiliki pengetahuan yang kurang terhadap gizi seimbang. Penelitian ini bertujuan untuk: 1) mengembangkan media edukasi gizi *heksanutri* yang dapat meningkatkan pengetahuan gizi seimbang pada siswa sekolah dasar, 2) mengetahui kelayakan media edukasi gizi *heksanutri*. Lokasi penelitian ini dilaksanakan di SDN No.020267 Binjai, dengan rentang waktu Desember 2023 hingga Februari 2024. Jenis penelitian ini menggunakan prosedur penelitian *Research and Development* dengan menggunakan model ADDIE (*analyze, design, development, implementation, evaluation*). Subjek penelitian ini yaitu siswa sekolah dasar di SDN No.020267 Binjai. Analisis data pada penelitian ini adalah deskriptif kualitatif dan deskriptif kuantitatif dengan menggunakan skala likert. Hasil dari penelitian ini menunjukkan bahwa uji validasi materi mendapatkan persentase kelayakan sebesar 96,25% dan hasil uji validasi media mendapatkan persentase kelayakan sebesar 95%. Uji coba kelompok kecil mendapatkan persentase sebesar 100% dan uji coba kelompok besar mendapatkan persentase 93,22%. Hasil rata-rata *pretest* 64,9 mengalami peningkatan pada rata-rata *posttest* 86,78 dengan persentase N-Gain 62%. Kesimpulan penelitian yaitu media edukasi gizi *heksanutri* layak digunakan dan dapat meningkatkan pengetahuan gizi seimbang siswa.

Kata Kunci : Gizi seimbang, media, ADDIE



ABSTRACT

Achnia Azla: Development of Hexanutri Nutrition Education Media on Balanced Nutrition in Elementary School Children at SDN No.020267 Binjai. Thesis.Faculty of Engineering.Medan State University. 2024

This research was motivated by the limited use of learning media and the lack of knowledge of balanced nutrition of students at SDN No.020267 Binjai. It was found that 10 out of 15 students had less knowledge about balanced nutrition. This study aims to: 1) develop hexanutri nutrition education media that can increase balanced nutrition knowledge in elementary school students, 2) find out the feasibility of hexanutri nutrition education media. The location of this research was carried out at SDN No.020267 Binjai, with a period of December 2023 to February 2024. This type of research uses Research and Development research procedures using the ADDIE model (analyze, design, development, implementation, evaluation). The subjects of this study were elementary school students at SDN No.020267 Binjai. Data analysis in this study is descriptive, qualitative and descriptive quantitative using Likert scale. The results of this study showed that the material validation test got a feasibility percentage of 96.25% and the results of the media validation test got a feasibility percentage of 95%. Small group trials get a percentage of 100% and large group trials get a percentage of 93.22%. The average pretest result of 64.9 increased on the posttest average of 86.78 with an N-Gain percentage of 62%. The conclusion of the study is that hexanutri nutrition education media is suitable for use and can increase students' balanced nutrition knowledge.

Keywords : *Balanced nutrition, media, ADDIE*