

THE EFFECT OF COUNSELING PARTICIPATIVE METHOD ABOUT HEALTHY SNACKS TOWARDS THE PRACTICE OF CHOOSING ON ELEMENTARY STUDENTS

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ABSTRACT

Snacks play an important role in providing energy intake and other nutrients for school-aged children. Snacks consumed by student are public concern, Especially for parents and teachers because the food is risky biological or chemical contaminants that are harmful to health. The purpose of this research is to know the effect of counseling participative method about healthy snacks towards the practice of choosing on elementary students.

This research is true experimental research using Randomized Posttest Only Control Group Design. The population in this study is the 5th grade of elementary students from three schools which are SDN Plamongan sari 01, SDN Pedurungan Kidul 02 and SDN Pedurungan Kidul 01. Methods of sampling in each school is by proportional random sampling. Statistical analysis anova test and Chi Square test.

The result of knowledge level after counseling showed participative education method with an average knowledge of 87.22 ± 6.764 and about 55.6% able to choose a good quality snack. The average of knowledge level of students who under demonstrating method is $72.35 \% \pm 6.860 \%$. 52.9 % of samples can choose a good quality snacks. The average of knowledge level of students who under question and answer method is $65.36 \% \pm 9.705 \%$. 53.5 % of samples can choose a good quality snacks. There is a difference of knowledge level of samples who get counseling participative method, demonstrating method, and question and answer method ($p=0.000$). The result of Chi square test shows there is no difference of the practice of choosing snacks, between samples who get counseling participative method, demonstrating method, and question and answer method ($p=0.472$). The difference counseling method only resulting into the difference of knowledge level of the but not in the practice of choosing snacks.

Keywords: Healthy snacks, counseling Methods, Elementary Students