

ABSTRACT

Susanti, Asih. 2023. *The Effect of Fun Learning Media on Grade 5 Student's Knowledge of Healthy Snacks at SDI KHA. Wakhid Hasyim Pasuruan Regency, Skripsi, STIKES Majapahit Mojokerto Prodi Alih Jenjang S1 Kesehatan Masyarakat. Pembimbing I : Asih Media Yuniarti, M.P.H. Pembimbing II : M. Himawan Sahputra, M. Epid.*

School-aged children are more likely to experience nutritional issues since they require sufficient nutrients for growth and development. Since school food and snacks are mostly marketed to youngsters, health education that can broaden students' knowledge is required. One of them is through the snakes and ladders game on Fun Learning media. The purpose of this study is to ascertain the impact of Fun Learning media on SDI KHA. Wakhid Hasyim Kab. Pasuruan. This study is quantitative and employs a pre-experimental design with a single group pre-post test methodology. With 66 participants, fifth graders made up the sample in this study. Utilizing the Lemeshow algorithm and simple random sample, sampling was done using inclusion-exclusion criteria. As part of the study instrument, a questionnaire was employed to assess respondents' knowledge of healthy snacks using the Wilcoxon test. According to the results, the knowledge of the respondents increased in the good group from 6% to 62%, in the medium group from 36% to 38%, and in the inferior group from 58% to 0%. The analysis of the data showed that playing snakes and ladders boosted students' understanding of healthy eating (p value 0.000). The conclusion of this study is that educational institutions should revive health education initiatives, particularly those focusing on nutritious snacks.

Keywords :Healthy snacks, Fun Learning, Education, Games, Snakes and Ladders