

ABSTRAK

PERBEDAAN PENGETAHUAN, SIKAP, DAN PRAKTIK BEKAL SAYUR DAN BUAH PADA ORANG TUA MURID TK DIPONEGORO 125 ARCAWINANGUN PURWOKERTO TIMUR MELALUI EDUKASI GIZI BERBASIS *WEBSITE*

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Latar Belakang: Anak usia dini merupakan konsumen pasif yang bergantung pada makanan dari orang tua, sehingga peran orang tua penting dalam membentuk kebiasaan konsumsi sayur dan buah, misalnya melalui bekal sekolah. Untuk mendukung peran ini, dibutuhkan media edukasi gizi yang fleksibel dan mudah diakses, salah satunya adalah *website*. Penelitian ini bertujuan untuk mengetahui perbedaan pengetahuan, sikap, dan praktik bekal sayur dan buah pada orang tua murid TK Diponegoro 125 Arcawinangun Purwokerto Timur melalui edukasi gizi berbasis *website*.

Metodologi: Penelitian ini menggunakan metode *quasy experimental* dengan desain *one group pre-test* dan *post-test design*. Penelitian dilaksanakan pada bulan November 2024 selama 2 minggu dengan pemberian 4 materi edukasi yang diakses melalui *website*, dengan durasi membaca materi ± 15 menit. Sampel sebanyak 30 orang tua murid dipilih dengan teknik *simple random sampling*. Kriteria inklusi meliputi orang tua murid yang bersedia mengikuti penelitian, memiliki akses internet, dan membawakan bekal makanan untuk anak. Analisis data menggunakan uji *Wilcoxon* karena variabel data berdistribusi tidak normal.

Hasil Penelitian: Sebagian besar responden merupakan ibu rumah tangga berusia 36–45 tahun, berpendidikan menengah/SMA sederajat, dan berpendapatan di bawah UMK Banyumas. Terdapat peningkatan pengetahuan sebesar 24,64% dengan median 5 menjadi 8 (nilai $p=0,000$), serta peningkatan sikap membawa bekal sayur buah sebesar 9,37% dengan median 26 menjadi 28 (nilai $p=0,000$). Namun, tidak terdapat perubahan praktik membawa bekal sayur buah (nilai $p=0,461$).

Kesimpulan: Terdapat perbedaan antara pengetahuan dan sikap sebelum dan sesudah edukasi, dan tidak terdapat perbedaan praktik membawa bekal sayur buah sebelum dan sesudah edukasi.

Kata kunci: edukasi, sayur dan buah, orang tua, anak usia dini, *website*

ABSTRACT

THE DIFFERENCES IN KNOWLEDGE, ATTITUDES, AND PRACTICES REGARDING VEGETABLE AND FRUIT LUNCH PROVISION AMONG PARENTS OF TK DIPONEGORO 125 ARCAWINANGUN PURWOKERTO TIMUR STUDENTS THROUGH WEBSITE-BASED NUTRITION EDUCATION

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Background: Early childhood is a passive consumer group that depends on food provided by parents; therefore, parents play an important role in shaping children's habits of consuming vegetables and fruits, for example through school lunch provisions. To support this role, accessible and flexible nutrition education media is needed, one of which is a website. This study aims to determine the differences in knowledge, attitudes, and practices of vegetable and fruit lunch provision among parents of TK Diponegoro 125 Arcawinangun Purwokerto Timur students through website-based nutrition education.

Methodology: This study employed a quasy experimental method with a one group pre-test and post-test design. The research was conducted over two weeks in November 2024, providing four educational materials accessed via a website, with a reading duration of approximately 15 minutes per session. A total of 30 parents were selected using simple random sampling. Inclusion criteria included parents willing to participate, having internet access, and preparing lunch for their children. Data were analyzed using the Wilcoxon test due to non-normally distributed variables.

Results: Most respondents were housewives aged 36–45 years, with a secondary education background and family income below the Banyumas minimum wage. Knowledge increased by 24.64% with the median score rising from 5 to 8 ($p = 0.000$), and attitudes improved by 9.37% with the median score rising from 26 to 28 ($p = 0.000$). However, no significant change was found in the practice of providing vegetable and fruit lunches ($p = 0.461$).

Conclusion: There were significant differences in knowledge and attitudes before and after the education intervention, but no difference in lunch provision practices.

Keywords: education, vegetables and fruits, parents, early childhood, website