

# Penerapan theory based nutrition education dalam peningkatan mediator perilaku dan perilaku konsumsi buah dan sayur pada siswa sekolah dasar di kota Cirebon = The practice of theory based nutrition education to improve mediators and fruit and vegetable consumption among elementary school students in Cirebon

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## Abstrak

**ABSTRAK** Penelitian ini bertujuan untuk mengetahui peningkatan mediator perilaku dan perilaku konsumsi buah dan sayur siswa setelah mengikuti workshop yang didesain dengan kerangka perencanaan theory-based nutrition education Contento. Dari tahap prosedur yang dilakukan, mediator yang terlibat adalah pengetahuan, sikap, norma subjektif, hasil yang diharapkan, keyakinan diri, dan niat perencanaan, dengan teori modifikasi dari Theory of Planned Behavior, Health Belief Model, dan Polytheoretical Model. Desain penelitian adalah kuasi eksperimental dengan sasaran 51 siswa kelas V yang dibagi dalam kelompok perlakuan dan kontrol. Hasil menunjukkan terdapat peningkatan mediator yang signifikan, namun peningkatan perilaku konsumsi tidak signifikan. Tidak ada perbedaan yang signifikan antara peningkatan pada kelompok perlakuan dan kelompok kontrol, namun pencapaian indikator keberhasilan kelompok perlakuan lebih baik dibandingkan kelompok kontrol.

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