

# 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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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20421753&lokasi=lokal>

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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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**ABSTRACT** The purpose of this study is to find the improvement effect on mediators and fruit and vegetable consumption after students received workshop designed with Contento's theory-based nutrition education stepwise procedure. Mediators involved were knowledge, attitude, subjective norms, outcome expectations, self-efficacy, and planning, while the behavior theory used were Theory of Planned Behavior, Health Belief Model, and Polytheoretical Model. The study used quasi-experimental design, involving 51 5th graders who are divided into intervention and control group. The result shows that mediators improved significantly, but consumption behavior improvement did not significant. There was no significant difference between intervention and control group, however, based on goal indicators, intervention group had better accomplishment than control group.

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