

**PENGARUH PEMBERIAN EDUKASI MENGGUNAKAN PAPAN BALIK  
TERHADAP SIKAP DAN MOTIVASI DALAM PEMBERIAN GIZI  
SEIMBANG PADA BALITA DI DUSUN KLEBEN DESA TIUDAN  
KECAMATAN GONDANG TULUNGAGUNG**

Widiya Sriwinarni<sup>1</sup>, Nurwijayanti<sup>2</sup>

*Program Studi S1 Ilmu Kesehatan Masyarakat, Fakultas Fekar*

*Universitas Strada Indonesia Kediri*

[widiyasriwinarni@gmail.com](mailto:widiyasriwinarni@gmail.com)

**ABSTRAK**

Pemberian gizi seimbang pada balita merupakan salah satu bentuk perilaku sehat dalam upaya meningkatkan derajat kesehatan pada anak. Sikap yang ada pada seseorang akan memberikan gambaran corak tingkah laku seseorang. Salah satu media untuk meningkatkan sikap dan motivasi ibu dalam pemberian gizi seimbang adalah papan lembar balik. Tujuan penelitian mengetahui pengaruh pemberian edukasi menggunakan papan balik terhadap sikap dan motivasi dalam pemberian gizi seimbang pada balita di Dusun Kleben Desa Tiudan Kecamatan Gondang Tulungagung.

Desain penelitian *pre – experimental design* dengan pendekatan *pretest posttest control group design*. Populasi semua orang tua balita di Dusun Kleben Desa Tiudan Kecamatan Gondang. Sampel diambil dengan metode *accidental sampling* sejumlah 40 orang terbagi dalam dua kelompok. Variabel independent edukasi dengan media papan lembar balik, variabel dependen sikap dan motivasi dalam pemberian gizi seimbang. Instrumen penelitian SAP dan kuesioner. Analisis data uji *Wilcoxon signed rank* dan *mann whitney*.

Hasil penelitian kelompok perlakuan sebanyak 13 responden (65%) mempunyai sikap negative dan sebanyak 15 responden (75%) mempunyai motivasi cukup. Sesudah perlakuan sebanyak 17 responden (85%) mempunyai sikap positif, sebanyak 20 responden (100%) mempunyai motivasi baik. Hasil analisis didapatkan ada pengaruh pemberian edukasi menggunakan papan balik terhadap sikap ( $0,002 < 0,05$ ) dan motivasi ( $0,002 < 0,05$ ) dalam pemberian gizi seimbang pada balita di Dusun Kleben Desa Tiudan Kecamatan Gondang Tulungagung.

Penyajian dengan menggunakan papan lembar balik (*flip board*) sangat menguntungkan untuk informasi visual seperti kerangka pikiran, diagram, bagan/*chart*, ringkasan materi, gambar, cerita, ataupun grafik karena dengan mudah lembaran-lembaran kertas yang sudah disusun sebelum penyajian dibuka dan dibalik dan jika perlu dapat ditunjukkan kembali kemudian hari.

**Kata Kunci:** Edukasi Kesehatan, Papan Balik, Sikap, Motivasi

**THE EFFECT OF PROVIDING EDUCATION USING FLIP BOARDS ON  
ATTITUDES AND MOTIVATION IN PROVIDING BALANCED  
NUTRITION TO TODDLERS IN KLEBEN HAMLET, TIUDAN VILLAGE,  
GONDANG TULUNGAGUNG DISTRICT**

Widiya Sriwinarni<sup>1</sup>, Nurwijayanti<sup>2</sup>

S1 Public Health Science Study Program, Faculty of Faculty of Public Health  
STRADA Indonesia University of Kediri  
[widiyasriwinarni@gmail.com](mailto:widiyasriwinarni@gmail.com)

**ABSTRACT**

Providing balanced nutrition to toddlers is one form of healthy behavior to improve children's health. The attitude that exists in a person will provide a picture of a person's behavioral pattern. A flipchart is one of the media used to improve the attitude and motivation of mothers in providing balanced nutrition. The purpose of the study was to determine the effect of providing education using a flipchart on attitudes and motivation in providing balanced nutrition to toddlers in Kleben Hamlet, Tiudan Village, Gondang District, Tulungagung.

The research design was pre-experimental with a pretest-posttest control group design approach. The population was all parents of toddlers in Kleben Hamlet, Tiudan Village, Gondang District. Samples were taken using the accidental sampling method, and 40 people were into two groups. The independent variable was education with flipchart media, the dependent variable was attitude and motivation in providing balanced nutrition. The research instruments were SAP and a questionnaire. Data analysis of the Wilcoxon signed rank and Mann-Whitney tests.

The results of the treatment group study showed that 13 respondents (65%) had negative attitudes and 15 respondents (75%) had sufficient motivation. After the treatment, 17 respondents (85%) had a positive attitude, and 20 respondents (100%) had good motivation. The results of the analysis showed that there was an effect of providing education using flip charts on attitudes ( $0.002 < 0.05$ ) and motivation ( $0.002 < 0.05$ ) in providing balanced nutrition to toddlers in Kleben Hamlet, Tiudan Village, Gondang District, Tulungagung.

Presentation using flip charts is very beneficial for visual information such as thought frameworks, diagrams, charts, material summaries, pictures, stories, or graphs because the sheets of paper that have been prepared before the presentation can be easily opened and turned over and if necessary can be shown again later.

**Keywords:** Health Education, Whiteboard, Attitude, Motivation