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Title:

THE DIFFERENCE OF ELEMENTARY SCHOOL STUDENTS' KNOWLEDGE LEVEL AND ATTITUDE TO PHYSICAL ACTIVITY AND HEALTHY FOOD IN SNAKES LADDERS MEDIA

Authors:

Marpati, Zahroh Shaluhayah and Sulistiyani Sulistiyani

Abstract:

Health promotion in elementary school is expected to improve knowledge and attitude to physical activity, eating vegetable and fruit. Health promotion is an educative approach that can result in community or individual behavior in improving health degree. The problem of research was how is the difference of students' knowledge level and attitude to physical activity & healthy food in health promotion media. The objective of research was to find out the effect of health promotion media on knowledge and attitude to physical activity and healthy food in elementary school students. This research employed a quasi-experimental pretest-posttest control group design. The total sample of research consisted of 90 students divided into two groups: 44 students in intervention group and 46 in control group, each of which held 4 meetings for a month. The result of research showed that there was a difference of mean knowledge and attitude in the two groups before and after treatment ($p < 0.05$). There was a difference of knowledge and attitude increases between intervention and control groups, in which the increase in the group using snakes and ladders media was higher than that in the group using lecturing media.

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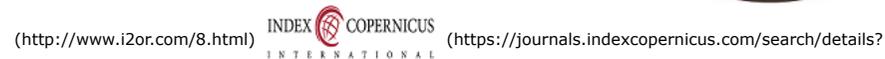
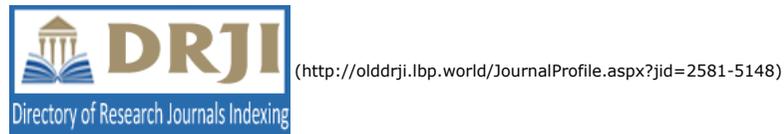
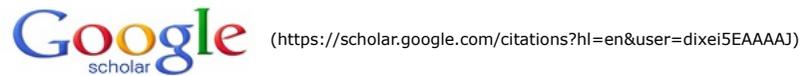


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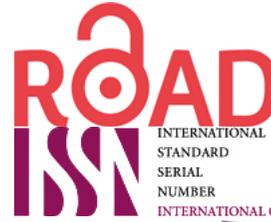
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