

The Influence of Little Doctor Empowerment on Knowledge and Attitudes About Healthy Snacks Selection Among Students in SDN 66 Bengkulu City

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Abstract

Snacks must not only have adequate and balanced nutrition, but also be free from parasites, viruses, bacteria and chemical pollutants. Problems associated with snacks in Indonesia are generally caused by unhygienic production and serving methods. Generally, these snacks are made and sold in unsanitary conditions, which often lead to bacterial contamination and cause various diseases. The Dokter Kecil empowerment program aims to organize eligible students in schools and train them to play an active role in maintaining and producing health for themselves, their families, peers, and the surrounding environment. This study aims to understand the effect of empowering little doctors on knowledge and attitudes about choosing healthy snacks at SDN 66 Bengkulu City. This type of research is Quantitative research, which involves the use of Pre Experiment method. This research design involves the use of the One Group Pre test and Post test design. The sampling technique used in this study is simple random sampling technique. Respondents in this study were 40 respondents. The results of the Wilcoxon statistical test in the intervention group showed that empowering small doctors can affect knowledge. The results of this study concluded that there was an effect of empowering little doctors on knowledge and attitudes about choosing healthy snacks at SDN 66 Bengkulu City. This research is expected to add insight into students' knowledge about choosing healthy snacks and is expected to provide references for researchers who want to carry out deeper research

Keywords

Healthy Snacks, Empowerment, Little Doctors, Knowledge, Attitude