

ABSTRACT

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The Effect Of Balanced Nutrition Health Education On Knowledge And Attitudes Of Mothers In School Age Children At *SD Negeri 132 Palembang* 2016.

SKRIPSI

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(xvii + 79 pages + 13 table + 3 chart + 10 enclosures)

Background: The optimal nutrition for a children need to growth and development process. According to WHO, the worlds malnourished achieve 104 milion childrens. The importance of health education to increase knowledge and mothers attitude to prevent malnutrition.

Purpose : The purpose of the result is to determine the effect of health education about balanced nutrition to knowledge and mothers attitude of nutrition school children *at SD Negeri 132 Palembang*.

Method : This type of research is pre-experimental with one group pre test post test design. The total sample is 56 respondent, using simple random sampling.

Result : the result of the univariate analysis characteristic of the responden age >35 years 57.1%, respondent with high school education is 55.4%, the median of knowledge of the respondent is 8.50, minimum value is 4 and maximum is 14, after being given health education, the median is 12.00 with value of minimum 7 and maximum 15, the median of attitudes is 42.00 with minimum value 37 and maximum 53, the median of attitude after given health education is 51.00 with minimum value 39 and maximum 59. The bivariate analysis, research use statistic wilcoxon test p-value 0.001, the effect before and after given a balanced nutrition for school children and the role of nurses and educator take important position to provide balanced nutrition conselling for school children.

Reference: 24 (2006-2015)