

**PENGARUH EDUKASI DENGAN METODE *STORYTELLING*
TERHADAP PENINGKATAN PERILAKU MAKAN SAYURAN PADA
ANAK USIA PRA SEKOLAH DI TK MASYITOH ADIRAJA
KECAMATAN ADIPALA**

*The effect of education using the storytelling method on increasing the behavior
of eating vegetables in preschool-aged children at Masyitoh Adiraja
Kindergarten, Adipala District*

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ABSTRAK

Perilaku merupakan hasil dari segala macam pengalaman dan interaksi manusia dengan lingkungannya. Wujudnya bisa berupa pengetahuan, sikap, dan tindakan. Empat perilaku makan sehat pada anak, yaitu sarapan pagi, makan buah-buahan, sayuran, dan minum produk susu setiap hari. Tujuan penelitian ini adalah untuk mengetahui pengaruh edukasi dengan metode *storytelling* terhadap peningkatan perilaku makan sayuran pada anak usia pra sekolah di TK Masyitoh Adiraja Kecamatan Adipala. Penelitian ini menggunakan desain *quasi experiment onegroup pretest-posttest without control group design*. Jumlah sampel sebanyak 29 orang dengan menggunakan teknik *total sampling*. Instrumen penelitian menggunakan lembar observasi. Hasil analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test* menunjukkan bahwa ada perbedaan yang signifikan sebelum dan setelah pemberian *storytelling* terhadap perilaku makan sayur di TK Masyitoh pada kelompok perlakuan ($p\text{-value} = 0,000 < \alpha 0,05$).

Kata kunci : Perilaku makan sayur, Pra sekolah, *Storytelling*

ABSTRACT

Behavior is the result of all kinds of experience and human interaction with the environment. The form can be in the form of knowledge, attitudes, and actions. Four healthy eating behaviors in children, namely breakfast, eating fruits, vegetables, and drinking dairy products every day. The purpose of this study was to determine the effect of education using the storytelling method on increasing the behavior of eating vegetables in pre-school-aged children at Masyitoh Adiraja Kindergarten, Adipala District. This study used a quasi-experimental one-group pretest-posttest design without a control group design. Sample size of 29 people using total sampling technique. The research instrument uses an observation sheet. The results of bivariate analysis using the Wilcoxon Signed Rank Test showed that there were significant differences before and after giving storytelling on the behavior of eating vegetables in Kindergarten Masyitoh in the treatment group ($p\text{-value} = 0.000 < \alpha 0.05$).

Keywords: Vegetable eating behavior, Pre school, *Storytelling*