

The Effect of Empowering Little Doctors on Knowledge and Attitudes About Obesity Prevention in IT Al-Qiswah Elementary School Students

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Abstract

Obesity can be experienced by anyone, including children. The still high rate of obesity in children in Bengkulu City requires prevention efforts. One effort that can be made is to provide health education about obesity prevention in the form of empowering small doctors. This study aims to determine the effect of empowering small doctors on knowledge and attitudes about preventing obesity in children. This research is a quantitative research with a research design like an experiment plan model one group pretest-posttest design. The population in this study was class IV students at Al-Qiswah IT Elementary School, Bengkulu City and used techniques total sampling to get a total of 33 respondents. Data analysis used on knowledge and attitudes is a test Wilcoxon. The results of implementing the empowerment of small doctors were an average of 88.63% in the very good category. The average knowledge of children increased by 92.42 in the very good category. The average attitude increased by 90.94 in the very good category. Test calculations on knowledge and attitude variables through tests Wicoxon obtained Sig. < 0.05, which means that there is an influence of empowering small doctors on knowledge and attitudes about obesity prevention at Al-Qiswah IT Elementary School, Bengkulu City. It is hoped that empowering small doctors regarding obesity prevention can be used as an effective method in conveying health information to students and can be applied in students' learning methods.

Keywords

Obesity, Empowerment, Little Doctor, Knowledge, Attitude