

RELATIONSHIP BETWEEN KNOWLEDGE WITH HEALTHY SNACK CHOICE BEHAVIOR AMONG STUDENTS AT CIMUNCANG ELEMENTARY SCHOOL

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ABSTRACT

Snack food is food or drink served in containers or sales facilities on the side of the road in public places or other places, which has previously been prepared or cooked at the production place or at home or at the place of sale. Factors that influence the choice of snack foods include internal and external factors. This research aims to determine relationship between knowledge and the choice of snack foods among students at Cimuncang Elementary School in 2023. The method used in this research is a cross-sectional research method . The sampling technique was the total population with a sample size of 60 students at Cimuncang Elementary School. Data analysis using univariate analysis and bivariate analysis was carried out using the chi-square test . From the results of this study using the chi-square test, it shows that there is a relationship significant relationship between respondents' knowledge ($p = 0.043$), with the choice of snack foods. The conclusion of this research is that there is a relationship between knowledge with the choice of healthy snacks among students at SDN Cimuncang in 2023. It is hoped that the school can provide information for the school in educating students to behave in choosing healthy snacks through a healthy canteen.



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1. INTRODUCTION

According to the Food and Agriculture Organization (FAO), street food is food or drink served in containers or sales facilities on the roadside, public places or other places, which has previously been prepared or cooked at the production place or at home or at the place of sale. These foods are eaten or consumed directly without further processing or preparation. The development of street food in Indonesia based on the housing industry has become increasingly advanced, including those sold in schools. This can be seen from the increasing variety of snacks offered in each school. This development can encourage the habit of consuming snacks among school children, especially during recess (Herman, 2018).

Data from the World Health Organization (WHO) in 2015 shows that 20,098 people were confirmed to have been affected by food poisoning, as well as 4598 people were sick/treated and 77 (43.21%) people experienced death related to food poisoning. Number of poisonings and incidence rate per 100,000 different people caused by pathogens. Food poisoning can also be caused by the type of food consumed. The Sari Laut food stall sells mostly food sourced from the sea, for example squid. This type of food can cause poisoning in some people, and is made worse if it is not handled hygienically.

Food poisoning incidents occur quite often in several areas of West Java with quite high incidence rates. In 2017, the Indonesian POM Agency recorded that the number of people exposed to food poisoning was 5293 people. Cases of Extraordinary Events (KLB) of food poisoning reported in 2017 were 2041 people

sick, 3 people died with an Attack Rate (AR) of 38.56% and a Case Fatality Rate (CFR) of 0.15%. Food poisoning outbreaks still often occur on the island of Java, the 5 provinces with the highest food poisoning outbreaks in 2017 are West Java with 25 incidents, Central Java with 17 incidents, East Java with 14 incidents, Bali with 13 incidents and NTB with 12 incidents. This shows that food poisoning outbreaks are still a public health problem that needs to be prioritized for handling (Mustika, 2019).

Based on the results of an initial survey conducted at SDN Cimuncang by making observations, it was found that almost all students consumed snacks, these students had snacks at school during break time, and came home from school. This is also supported by the existence of a school canteen and food vendors outside the school. Based on the results of interviews conducted with 15 Cimuncang Elementary School students, there were 5 students who had poor knowledge, 6 students had sufficient knowledge, and 4 students had good knowledge about safe snack foods. A total of 8 students had a supportive attitude regarding safe snacks. Students at SDN Cimuncang bring pocket money for most students, amounting to Rp. 5,000.

2. METHOD

The research method used is cross-sectional quantitative research. population in this study are classes 3,4 and 5 at SDN Cimuncang in 2023, totaling 153 people. The sampling used in this research was random sampling with a sample size of 60 people. The instrument used was directly distributing research questionnaires to students at SDN Cimuncang. Data analysis includes univariate and bivariate analysis using chi-square.

3. RESULTS AND DISCUSSION

3.1 Results

A. Univariate Analysis

1. Knowledge

Table 1 Description Based on Knowledge and Healthy Snacks for Female Students

Knowledge	Frequency	Percent (%)
Good	2	3.3
Enough	8	13.3
Not enough	50	83.3
Total	60	100.0

Based on table 1 regarding the frequency distribution of respondents' knowledge regarding choosing healthy snacks among students in grades 3, 4 and 5 at SDN Cimuncang in 2023, it can be seen that of the 60 total students, the majority of respondents had less knowledge regarding choosing healthy snacks, with 50 respondents (83.3 %).

2. Behavioral Description of Choosing Healthy Snacks

Table 2 Description of Behavior Based on Choosing Healthy Snacks

Choosing healthy snacks	Frequency	Percent (%)
Good	4	6.7
Moderate	14	23.3
Unhealthy	42	70.0
Total	60	100.0

Based on table 2 regarding the frequency distribution of respondents' choice of healthy snacks and the choice of healthy snacks among students in grades 3, 4 and 5 at SDN Cimuncang in 2023, it can be seen that of the 60 total students, the majority of respondents had less choice of healthy snacks. healthy snacks as many as 23 respondents (38.3 %).

B. Bivariate Analysis

1. The Relationship between Knowledge and Choosing Healthy Snacks at Cimuncang Elementary School in 2023

Table 3 Correlation Test Results Between Knowledge and Choice of Healthy Snacks for Students at S DN Cimuncang in 2023

Knowledge	Choosing healthy snacks						Total		P Value*
	Good		Enough		Not enough		F	%	
Good	1	1.6	0	0.0	1	1,6	2	3.3	0.043
Enough	1	1.6	0	0.0	7	11.6	8	13.3	
Not enough	2	3.3	14	23.3	17	28.3	50	83.4	
Total	4	6.6	14	23.3	42	70.0	60	100	

Based on table 3 , the results show a significance of $0.000 > 0.043$, so there is a significant relationship between knowledge and the choice of healthy snacks among Cimuncang Elementary School students in 2023. This shows that the two variables have a negative relationship, meaning that the higher the ease of the procedure, the lower it is . Because the results show a significant relationship (H_0 is rejected), the two variables have a fairly close level of correlation.

3.2 Discussion

1. Knowledge

The picture shown in this research is that the knowledge of choosing healthy snacks in S DN Cimuncang in 2023 is highest in the poor category, namely 50 respondents (83.3%), while in the sufficient category there are 8 respondents (13.3%). And for knowledge with good frequency, there were 2 respondents (3.3%). This is due to having insufficient knowledge about choosing healthy snacks. Knowledge is the result of "knowing" and this occurs after people sense a particular object. Sensing occurs through the five senses, namely: the senses of sight, hearing, smell, taste and touch (Notoatmodjo , 2014).

The results of research conducted by Febrianto (2016) with the title "The Relationship Between Knowledge and Attitude and Snack Consumption Behavior at Mi Sulaimaniyah Jombang in 2016". This research uses quantitative methods. This type of research is observational with a cross sectional approach with a sample size of 50 respondents. Based on the results of this research, the majority of students understand the types and nutritional content of snacks consumed, namely 16 respondents (64%) and only 18 respondents (36%) do not understand the types and nutritional content of snacks consumed. Based on attitudes, the majority of respondents have good consuming behavior towards choosing healthy snacks at school, namely 64% of students. Based on the selection of safe and healthy snacks, the majority of respondents had snack consumption behavior in the positive category, namely 58%.

This is in line with research by Safrina (2012). Based on the results of statistical tests, the value $P = 0.000$ was obtained, so it can be concluded that there is a relationship between students' attitudes in choosing food and students' behavior in choosing snacks at SDN Garot, Darul Imarah District, Kab. Aceh Besar. According to the researcher's assumptions, the results of this study show that the majority of respondents already know the definition of safe snacks, but the majority of respondents still do not know about foods or drinks that contain dyes that are dangerous to health. This shows that knowledge about choosing snacks at school is still lacking, knowledge is closely related to patterns. students think whether choosing snacks is safe or unsafe, so if students' knowledge is poor it will have an impact on the choice of snacks at school which has an influence on the student's health. To increase a person's knowledge, certain efforts need to be made by health workers and schools. A person's knowledge can be changed with persuasion strategies, namely providing information to other people with health education carried out using various methods. The knowledge they gain does not remain in their brains but is often forgotten because they have to think about many things in their daily activities.

2. The relationship between knowledge and the choice of healthy snacks among students at SDN Cimuncang in 2023

Statistical research results show $p = 0.043$ or < 0.05 . This means that there is a relationship between knowledge and the choice of healthy snacks among students at Sdn Cimuncang in 2023, of the 60 respondents studied, 2 people had good knowledge (3.3%), 8 people had good knowledge (13.3%) and less knowledgeable as many as 50 people (83.3%). These results are in line with research conducted by Herman entitled "Snack Food Selection Behavior among School Age Children in Aceh Besar in 2016". The results of

data analysis show that there is a significant relationship between the knowledge of school-age children and their behavior in choosing food snacks ($p= 0.015$).

Knowledge is the result of knowing, and this occurs after people sense certain objects. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. The knowledge examined in this research is that students know things about safe snacks. These things are the definition of safe snacks, cleanliness and integrity of snacks, dangerous BTP and its characteristics, the consequences of unsafe snacks, as well as efforts to maintain personal hygiene to prevent unsafe snacks.

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According to the researcher's assumptions, the results of this study show that the majority of respondents already know the definition of safe snacks, but the majority of respondents still do not know about foods or drinks that contain dyes that are dangerous to health. This shows that knowledge about choosing snacks at school is still lacking, knowledge is closely related to patterns. Students think whether choosing snacks is safe or unsafe, so if students' knowledge is poor it will have an impact on the choice of snacks at school which has an influence on the student's health. To increase a person's knowledge, certain efforts need to be made by health workers and schools. A person's knowledge can be changed with persuasion strategies, namely providing information to other people with health education carried out using various methods. The knowledge they gain does not remain in their brains but is often forgotten because they have to think about many things in their daily activities.

4. CONCLUSION

- a. The description of students' knowledge about healthy snacks at SDN Cimuncang is mostly in the poor category at 83.3%
- b. The description of students' food choices regarding healthy snacks at SDN Cimuncang is mostly in the less than 70% category.
- c. There is a significant relationship between knowledge and the choice of healthy snacks among students at S DN Cimuncang in 2023, with a value of ($p=0.043$).

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