

Aisyiah Mubarakah Fahmi. 2021. *Efektivitas Kegiatan Bekal Makan Terhadap Perilaku Konsumsi Makanan Sehat dan Bergizi pada Anak*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Ilmu Pendidikan, Universitas Trunojoyo Madura. Dosen Pembimbing: Muhammad Busyro Karim, S.Ag., M.Si.

ABSTRAK

Tujuan penelitian ini untuk mengetahui efektivitas kegiatan bekal makan terhadap perilaku konsumsi makanan sehat dan bergizi pada anak. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen dengan desain penelitian *pre-eksperimental desain* jenis *one group pretest posstest*. Subjek penelitian ini merupakan anak-anak di TK Ihyaussunnah Glagah Lamongan yang berjumlah 30 anak. Teknik pengumpulan data melalui observasi dan dokumentasi. Dengan menggunakan analisis uji t (*T-Test*). Hasil analisis nilai $t_{\text{tabel}} \geq t_{\text{hitung}}$, yaitu $2,045 \geq -23,400$, maka H_a diterima dengan taraf signifikansi 5%. Analisis data tersebut menunjukkan terdapat efektivitas kegiatan bekal makan sebelum dan sesudah diberikan perlakuan terhadap perilaku konsumsi makanan sehat dan bergizi.

Kata kunci: kegiatan bekal makan, perilaku konsumsi makanan sehat dan bergizi, pendidikan anak usia dini

Aisyiah Mubarakah Fahmi. 2021. *The Effectiveness of Lunch Activities on Healthy and Nutritious Food Consumption Behavior in Children*. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Education, Trunojoyo University Madura. Supervisor: Muhammad Busyro Karim, S.Ag., M.Sc.

ABSTRACT

The purpose of this study was to determine the effectiveness of eating lunch activities on the behavior of consuming healthy and nutritious food in children. This study uses a quantitative approach with experimental methods with a research pre-experimental design, design type one group pretest posttest. The subjects of this study were 30 children in Ihyausunnah Glagah Lamongan Kindergarten. Data collection techniques through observation and documentation. By using t-test analysis (T-Test). The results of the analysis of value $t_{table} \geq t_{count}$, yaitu $2,045 \geq -23,400$, then H_a received significance level of 5%. Analysis of the data shows that there are differences in the activities of eating lunch before and after being given treatment on the behavior of consuming healthy and nutritious food.

Key words: *luncheon activities, healthy and nutritious food consumption behavior, early childhood education*