

THE EFFECT OF STORYTELLING METHOD THROUGH FAIRY TALE BOOK MEDIA ON CHILDREN'S KNOWLEDGE AND ATTITUDES ABOUT FRUIT AND VEGETABLE CONSUMPTION

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ABSTRACT

In Indonesia, fruit and vegetable consumption is still low, especially among school-age children. Culture, environment, socioeconomic, and ethnic background are factors that influence vegetable consumption. Education can help improve children's knowledge and perceptions about fruit and vegetable consumption. This research aims to determine the effect of the storytelling method through fairy tale books on children's knowledge and attitudes regarding fruit and vegetable consumption in MIN 2 Bengkulu City. This research shows that fairy tale book media intervention students' knowledge and attitude showed significant effect with p -value < 0.001 . So that it can be concluded that storytelling method through fairy tale book media can be an alternative learning method in the classroom to increase children awareness, knowledge, and attitudes about the importance of consuming and vegetables.

Keywords: consumption, fruits, vegetables, fairy tale, book media, storytelling

INTRODUCTION

Vegetables and fruits contain a lot of antioxidants acted as bioactive compounds that help prevent cell damage and improve metabolism. The antioxidant content in fruits and vegetables can fight oxidant compounds and free radicals that can weaken the body health (Ministry of Health, 2018). Balance nutrition guidelines in Indonesia includes 150 grams of fruit (equivalent to three Ambon bananas, one and a half papayas, or three medium oranges) and 250 grams of vegetables (equivalent to two cups or two servings of vegetables after cooking and draining). It is recommended to eat at least 300-400 grams in total of vegetables and fruits per person per day for Indonesians, especially infants and school-age children, and no less than 400 to 600 grams per day for adults and adolescents, with about two-thirds of the recommended amount coming from vegetables (World Health Organization, 2018).

In Indonesia, fruit and vegetable consumption is still low, especially among school-age children. According to the results of the Riskesdas 2018, average fruit and vegetable consumption is only 4.5% from overall calorie intake, with consumption levels of fruit and vegetable of children even lower, at only 4% from total calorie intake. Bengkulu Provincial Basic Health Survey (2018) showed that

12.20% of 5 to 9 year olds children and 9.35% of more than 10 years old children consuming less than recommended servings of fruits and vegetables. People are said to have adequate fruit and vegetable intake if they have consumed at least 5 servings of fruit and vegetables (a combination of vegetables and fruit) per day (Riskesdas Bengkulu, 2018).

Data from the Bengkulu City Health Office (2021) on child health screening from 12 primary school showed 19.54% children consumed low fruit and vegetable. Stated that culture, environment, socioeconomic, and ethnic background are factors that influence vegetable consumption (Bengkulu City Health Office, 2021). Without parental coercion, children are willing to eat vegetables and fruits if they understand the purpose of their intake.

To encourage improvement of fruit and vegetable consumption, the training process for children needs to used media as an effective and efficient material dissemination tool (Prastikaningrum et al., 2020). Media access in health education can help children become more active because it uses their five senses and involved their full psychomotor potential (Fitryadi, 2020).

Education can help improve children's knowledge and perceptions about fruit and vegetable consumption. Storytelling is one way

to provide information to children about the importance of consuming fruits and vegetables. to hone imagination and provide when a child listens to someone’s speech, the person’s brain reacts to do the same thing the person said, which called mirroring. A child’s brain activity is similar to that of a fairy tale reader, as he or she imagining the story being told to them (Fitriyani et al., 2022).

Storytelling is suitable for children aged 3-12 years. Children at this age love fairy tales, fantasy, folklore, superhero stories, and stories about science. The time needed for storytelling is 5-25 minutes. Storytelling can be told or retold many times when eating vegetables and fruits. (Widyastuti, 2020). To determine the influence of the storytelling method through fairy tale books on children’s knowledge and attitudes regarding fruit and vegetable consumption in MIN 2 Bengkulu City.

MATERIALS AND METHOD

This quantitative research uses pre-experimental method and the questionnaire by research Mitsla (2019). Independent variable in this research is the of telling stories using fairy tale book media and dependent variable is the knowledge and attitude of children. The data analysis process uses the Wilcoxon signed rank test.

RESULTS AND DISCUSSIONS

Characteristics of Respondents

Table 1. Characteristics of students based on age, gender, and mother’s education.

Variable	(n)	(%)
Age		
8	3	9.4
9	8	25.0
10	10	31.3
11	9	28.1
12	2	6.3
Gender		
Girls	16	50.0
Boys	16	50.0
Mother Education		
Elementary School	3	9.4
Senior High School	21	65.5
College	8	24.9

Table 2. Mean Knowledge Before and After the Fairy Tale Book Intervention

Variable	(n)	Mean ± SD	Min–Max
Before	32	77.19 ± 12.504	50–100
After	32	94.06 ± 7.121	80–100

Mean Attitude Before and After Being Given Fairy Tale Book Media

Table 3. Mean Attitudes Before and After the Fairy Tale Book Media Intervention

Variable	(n)	Mean ± SD	Min–Max
Before	32	34.94 ± 4.303	23–40
After	32	38.19 ± 1.925	34–40

The Effect of Fairy Tale Book Media on Children’s Knowledge and Attitudes of MIN 2 Bengkulu City

Table 4. Effect of Fairy Tale Book Media on Children’s Knowledge and Attitudes of MIN 2 Bengkulu City

Variable	Before	After	Δ Mean	p value
	Mean ± SD	Mean ± SD		
Knowledge	77.19 ± 12.504	94.06 ± 7.121	16.87	<0.001
Attitude	34.94 ± 4.303	38.19 ± 1.925	3.25	<0.001

This study shows that storybooks can improve the fruits and vegetables. Interventions with fairy tale book media can increase the average knowledge from 77.19 to 94.06 and attitudes from 34.94 to 38.19.

The results of this study are consistent with previous research by Tiara, Nur, et al. (Tiara et al., 2019) that showed 90.6% increment in good knowledge after intervention using storybooks. The results of this study are also in line with research conducted by Fitriyadi (2020) at SD IT Thariq Bin Ziyad, namely, the attitude score before being given media intervention from 82.00 increased to 89.00 after being given storybook media intervention.

CONCLUSION

The mean value of knowledge about fruit and vegetable consumption through fairy tale book media increased, and attitudes about fruit and vegetable consumption through fairy tale book

media increased. There was an effect of fairy tale book media at MIN 2 Bengkulu City.

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