

Level Perception of Elementary School Students Towards Food in The School Environment of Banyuwangi Public Elementary School 2 Tukang Kayu

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Abstract: Elementary school students' understanding of healthy food is very important because this will have an impact on the health of students and the school environment. This study aims to measure the extent to which students' perceptions of snacks in the school environment at SD Negeri 2 Tukang Kayu Banyuwangi. This research used survey method. The subjects in this study were 50 fifth grade students of SD Negeri 2 Tukang Kayu Banyuwangi. The research instrument was a questionnaire or questionnaire sheet. The analysis used is descriptive qualitative. The results of student perceptions obtained 72% of students can understand healthy snacks in the school environment.

Article History

Received: 03-12-2023


Accepted: 13-01-2024

Published: 20-01-2024

Key Words :

Student perception, snacks, school environment

How to Cite: Utami, A., Setyawan, B., Chastelyna, A., Arista, Y., & Ulfa, R. (2024). Level Perception of Elementary School Students Towards Food in The School Environment of Banyuwangi Public Elementary School 2 Tukang Kayu. *Jurnal Teknologi Pendidikan : Jurnal Penelitian dan Pengembangan Pembelajaran*, 9(1), 9-18. [doi:https://doi.org/10.33394/jtp.v9i1.9898](https://doi.org/10.33394/jtp.v9i1.9898)

 <https://doi.org/10.33394/jtp.v9i1.9898>

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Introduction

School-age children are in a period of growth and development, so they need nutrients or food to support their growth process. Snacks play an important role in providing energy and other nutrients for school-age children. Healthy, safe and nutritious snacks for elementary school children have a major impact on children's health and intelligence in the future. Therefore, school canteens need to implement the importance of clean and healthy behavior in terms of snacks. The role of canteens and healthy snacks in schools is to provide a variety of food and beverages for students and other school residents. Food is the intake of living things as a source of energy to carry out activities. Snack food is food that is traded.

The school environment is where students carry out activities to obtain learning directly or indirectly involving a number of learners. The school environment is very influential on the level of hygiene of children's diets. Students' access to snacks in the school environment is very easy, even though the child has brought lunch from home. Snacks that children like in general are snacks that are attractive in terms of color and taste. In fact, most of these snacks contain many harmful chemicals and are not free from biological contamination (Khomsan, 2010). The impact of unhealthy food causes various factors, one of which causes various diseases. Problems with food generally occur due to unclean processing and presentation so that there is a lot of pollution (Srikandi in Zentalian (2014)). Diseases that occur due to unhealthy behavior cause health problems such as cancer, poisoning, and developmental

growth disorders in school-age students (Syarifuddin, 2022). SD Negeri 2 Tukang Kayu is an elementary school located in Tukang Kayu Village, Banyuwangi District, Banyuwangi Regency. Based on observations at the school, there are many food vendors in the school environment such as cilok, iced tea, and so on. The results of the interview with the principal that school sanitation consisting of water adequacy, the school processes its own water, drinking water for the majority of students bring their own drinks.

The reality is that snacks or food in the school environment are sometimes not clean and do not contain adequate nutrition, to overcome these problems, education is needed to gain knowledge about healthy snacks. According to BPOM in 2016, that school snacks in the school environment at this time are increasingly diverse from traditional snacks to modern snacks which ultimately attract students to buy and consume these snacks and have negative effects on the health of school children. During the school period is a golden period or growth and development period, so it requires intake and nutrition to support the growth and development process. Snack foods offered in schools are increasingly diverse. This development can encourage the habit of consuming snacks in school children, especially during breaks. Conditions in the field, there are still many children who do not have the habit of consuming healthy snacks (Anto, 2017).

Food safety of school snacks requires serious handling. One form of effort to deal with the problem of food consumed by students in schools throughout Indonesia is the supervision of children's snacks, the dominant cause of cases of poisoning children in schools is the food sold by hawkers who are not hygienic in meeting hygiene and health standards. Weak supervision of snacks has an unfavorable impact on the health of his body in the future (Aini, 2019). The choice of snacks is a manifestation of behavior. Factors that influence the formation of behavior are internal and external factors. Factors that influence food selection are divided into three groups, namely food-related factors, personal factors related to food selection decision making, and socio-economic factors (Gusani in Utami, & Waladani, 2017).

The importance of research related to student perceptions of snacks in the long-term school environment is that students are able to analyze healthy and unhealthy foods or snacks, nutritious or non-nutritious foods. Students can choose clean food, which does not contain dyes, preservatives, and sweeteners because it will trigger dangerous diseases. Therefore, researchers conducted research on the level of student perceptions of food or snacks at SD Negeri 2 Tukang Kayu, Banyuwangi Regency.

Methods

This type of research is included in quantitative descriptive research with survey method. The research was conducted at SD Negeri 2 Tukang Kayu Banyuwangi with 50 fifth grade students as respondents. This study aims to improve knowledge and ability to choose healthy snacks. This activity is carried out by providing a number of materials related to healthy snacks. The implementation steps taken are as follows

1. Lecture Method

This method is counseling by conducting oral explanations directly by providing information and understanding related to the topic of healthy snacks. In general, the lecture method is carried out in the fifth grade classroom of SD Negeri 2 Tukang Kayu. This lecture method presents the material with power point slides, described clearly, easy to understand,

and displays colorful pictures to attract the attention of school children and provide examples that are easy to understand related to behavior in everyday life in choosing snacks.



Figure 1. lecture method on students

2. Question and Answer Method

This method is a method with questions that must be answered, especially from the presenter to the participants or elementary school students. This is done to focus the attention of participants, stimulate participants to train and develop thinking skills including memory..



Figure 2. Question and answer activity with students

Students' perceptions of snacks at SD Negeri 2 Tukang Kayu School are known by means of researchers conducting surveys by asking several questions to students through questionnaires or instruments that have been made by researchers to respondents, namely fifth grade elementary school students and then answered honestly. There are 15 indicators or instruments which include :

1. Clean and covered snacks are safe food to eat.
2. Fruits and vegetables can be eaten raw and do not need to be washed.
3. Rancid and rotten snacks are not safe to eat.
4. Snacks with rancid odor can still be eaten.

5. Snacks using flashy colors are safer to eat.
6. Snacks using artificial sweeteners are healthy
7. Wrapped snacks are more hygienic
8. Wrapped snacks are safer to eat.
9. Wrapped snacks that have been damaged can be eaten.
10. Snacks that are past their expiration date are dangerous.
11. Snacks contain many good nutrients for health
12. Hands should be washed before touching food
13. Foods that contain a lot of preservatives are bad.
14. Students are encouraged to bring their own food from home
15. Do not forget to read the nutritional content of each food

Result and Discussion

This activity was carried out at SD Negeri 2 Tukang Kayu with the target of class V students in this activity at first the opening was carried out then continued with the presentation of material with the topic "Socialization of Healthy Snack Education in School Children". This activity went smoothly, but in explaining the material, there were also some students who did not understand the material provided so that the speaker gave another explanation to the students. The results of research related to student perceptions of healthy food can be obtained as follows:

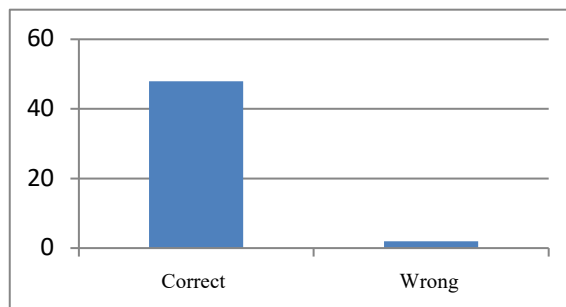


Figure 3. Clean and closed snacks are foods that are safe to eat

Based on the picture above, the correct results are 48 and the wrong 2 out of a total of 50 students. Students' perceptions on indicator 1 can be stated that students are able to understand healthy food and are able to choose safe food in the school environment.

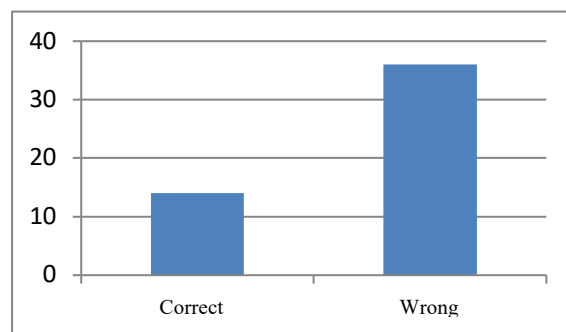


Figure 4. Fruit and vegetables can be eaten raw without having to wash them first

Based on the picture above, the correct result is 14 and incorrect 36 out of 50 primary school students. Students' perceptions on indicator 2 can be stated that students are actually able to distinguish foods that must be washed first on the type of vegetables or fruits.

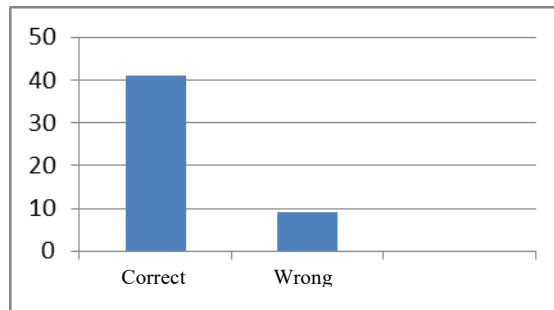


Figure 5. The snacks smell rancid and rotten and are not safe to eat

Based on the picture above, the correct results are 41 correct and 9 wrong out of 50 students. In indicator 3, food that is smelly or rotten is not safe to eat. Students were able to answer this statement correctly by 41.

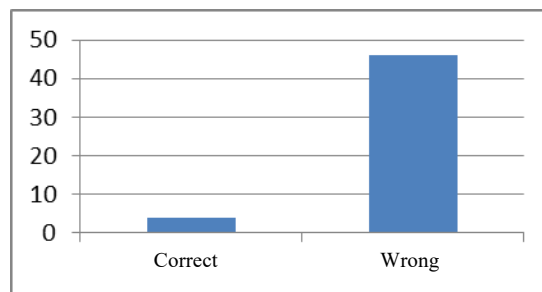


Figure 6. Snacks that smell rancid can still be eaten

Based on the picture above, the result is 4 with the correct category and 46 with the wrong category. Indicator 4 includes food that already smells rancid can still be eaten. Students still cannot understand food related to rancidity.

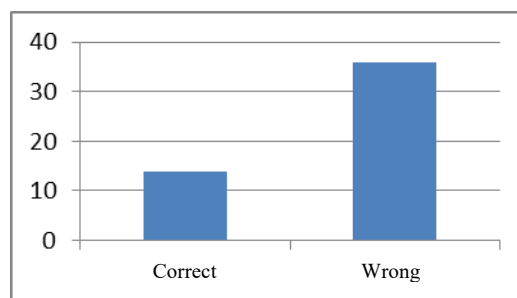


Figure 7. Snacks using bright colors are safer to consume

Based on the picture above, the perception results obtained are 14 correct and 36 incorrect from 50 students on the indicator of food that uses various brightly colored dyes that are

strikingly safer to consume. Food coloring is an additive used to improve the appearance of fresh and processed foods. Many foods are strikingly colored, such as snacks at school.

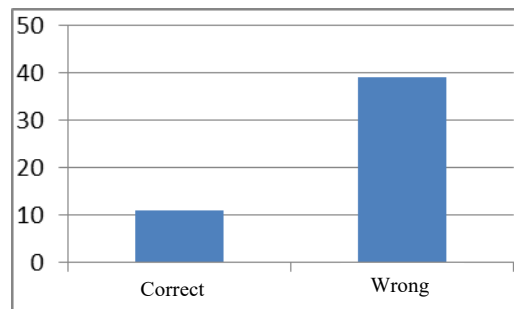


Figure 8. Snacks using bright colors are safer to consume

In indicator 6, drinks that use artificial sweeteners are healthy. Students answered 11 correct and 39 incorrect. Elementary students can already answer if sweet snacks are not good for health.

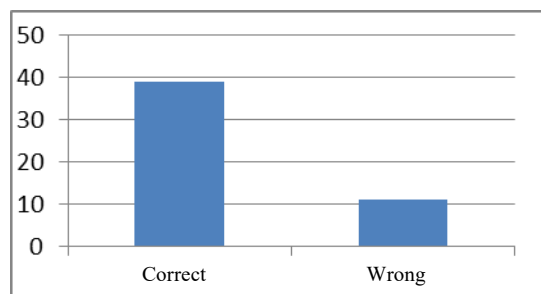


Figure 9. Packaged snacks are kept clean

In indicator 7, namely food that is wrapped is more guaranteed cleanliness, 39 correct and 11 wrong out of 50 students. Wrapped snacks are more hygienic in this indicator students are able to choose the correct answer.

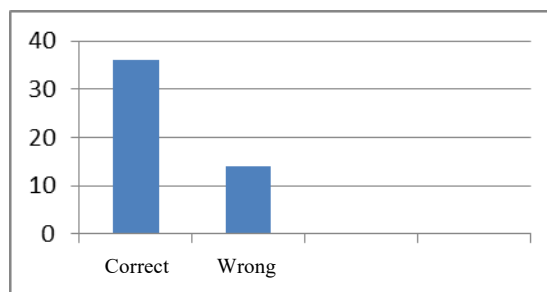


Figure 10. Wrapped snacks are safer to eat

In indicator 8, wrapped food is more guaranteed to be clean. A total of 36 students answered correctly and 14 students answered incorrectly on the indicator that wrapped snacks are safer for consumption, students can already understand the importance of food safety.

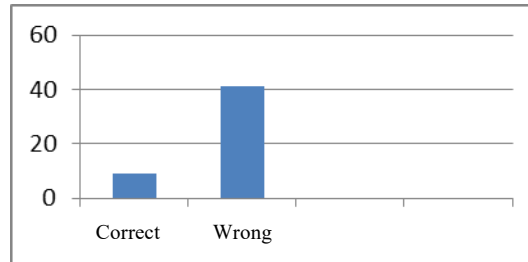


Figure 11. Snack packaging that has been damaged can be eaten

In indicator 9, namely food whose wrappers have been damaged can still be eaten, and students' perceptions, 9 students answered food correctly and 41 students answered incorrectly. This means that students are able to answer the statement correctly.

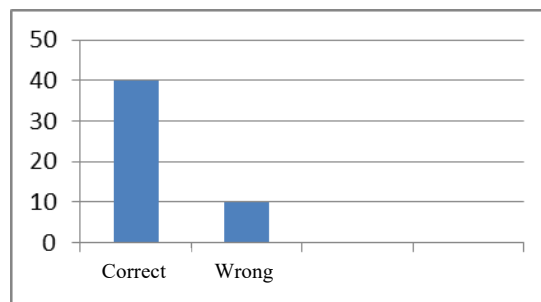


Figure 12. Snacks that are past their expiration date are dangerous

In Indicator 10, there is an indicator that food past the expiration date is dangerous with the perception of 40 students who answered correctly and 10 students answered incorrectly.

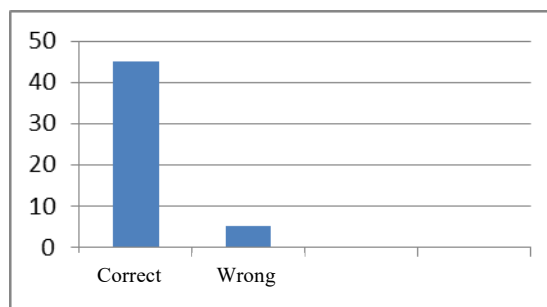


Figure 13. Food contains lots of nutrients that are good for health

On indicator 11 in figure 13 above, there is an indicator that food containing nutrients is good for health with 45 correct answers and 5 wrong answers.

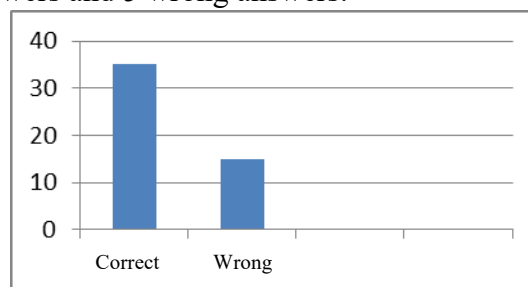


Figure 14. Hands should be washed before touching food

On indicator 12 in figure 14 above, there is an indicator that washing hands before eating can prevent disease. The perception results include 35 students' correct answers and 15 students' wrong answers.

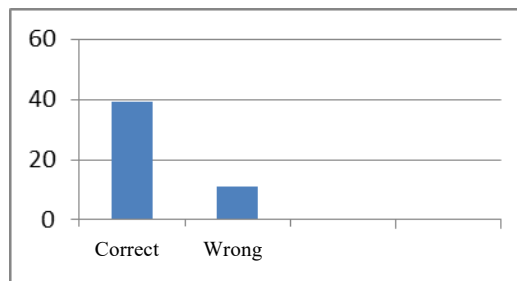


Figure 15. Foods that contain lots of preservatives are not good

On indicator 13 in figure 15 above, the perception results obtained by 39 students with correct answers and 11 students with wrong answers from 50 elementary school students on the indicator that food with too much flavoring and preservatives is not good for health.

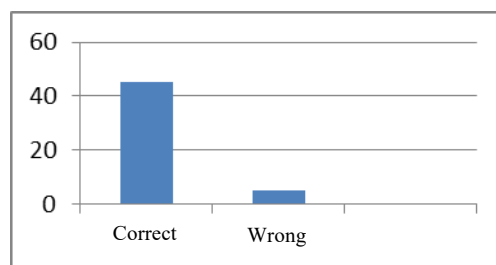


Figure 16. Foods that contain lots of preservatives are not good

On indicator 14 in figure 16 above, the perception results obtained by 45 students with correct answers and 15 wrong answers from 50 students with indicators of breakfast and bringing lunch is healthier than school snacks. Most students are able to answer correctly because many students bring lunch.

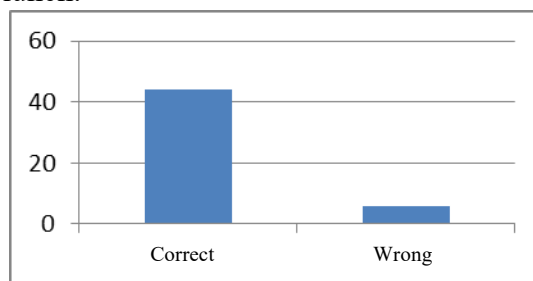


Figure 17. Don't forget to read the nutritional content of each food

In the figure 17 above, the results of perception with the results of 44 students answered correctly and 6 students answered incorrectly out of 50 students on the indicator that every time you buy packaged food, you need to read the nutritional content. The negative aspect of street food is that if consumed excessively it can cause excess energy intake. A study in the United States showed that children consume more than a third of their daily calorie needs

from fast food and soft drinks, thus contributing to increased intake that exceeds needs and causes obesity (Safriana, 2012). Another problem with hawker food relates to its safety level. The misuse of hazardous chemicals or the addition of inappropriate food additives by food producers is an example of the low level of knowledge of producers regarding the safety of the hawker food they produce. Producers' ignorance of such misuse and poor hygienic practices are the main factors causing problems with street food (BPOM, 2007). Unhealthy snacks that contain harmful substances if consumed continuously will accumulate in the body and will become carcinogenic substances that will cause dangerous diseases and disrupt overall health (Syarifuddin, 2022).

Socialization activities regarding healthy snacks education in school-age children are able to instill the concept of behavior change to prevent consuming unhealthy snacks, all students are actively involved in the socialization process so that the objectives of this activity can be achieved. This activity has a positive impact on increasing school children's knowledge about healthy snacks. The successful implementation of this activity is supported by the provision of door prizes to students so that this activity becomes interesting. This activity is expected to increase knowledge about healthy snacks and is expected to be able to avoid the habit of consuming unhealthy snacks. The long-term target of this activity is for schools to always monitor food snacks sellers in the school environment and it is hoped that this activity will continue continuously to educate the community, especially school children to choose healthy snacks.

Conclusion

Based on the results of research on elementary school students' perceptions of snacks around the school environment at SD Negeri 2 Tukang Kayu which is included in quantitative research with a survey method using a questionnaire as a measuring instrument to collect data, it is found that the instrument is valid and reliable to measure students' perceptions of snacks around the school, the results of student perceptions are 72% understanding about healthy and hygienic food so that it is suitable for consumption.

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