

ABSTRAK

PENGARUH TERAPI BERMAIN VEGEtable EATING MOTIVATION (VEM) TERHADAP PENINGKATAN MAKAN SAYURAN PADA ANAK PRA-SEKOLAH DI TK SEKAR DESA TANJUNG JAMBI KECAMATAN PADEMAWU KABUPATEN PAMEKASAN

Oleh
Mutimatul Karimah

The golden age atau generasi emas dikenal pada masa prasekolah karena masa pertumbuhan dan perkembangan yang sangat pesat. Pada masa tumbuh kembang anak nutrisi sangat diperlukan, pola makan yang buruk akan menyebabkan anak-anak tidak memperoleh gizi yang seimbang. Faktor yang mempengaruhi konsumsi sayur yaitu Orang tua yang terdiri dari keterlambatan dalam mengamalkan sayur dan buah pada anak, kurangnya dalam memberikan contoh yang baik dalam konsumsi sayur, rendahnya status sosial ekonomi, orang tua yang salah, dan pendidikan orang tua. Mengetahui Pengaruh Terapi Bermain *Vegetable Eating Motivation (VEM)* terhadap Peningkatan Makan Sayuran Pada Anak Pra Sekolah Di Tk Sekar Jambi Desa Tanjung Kecamatan Pademawu Kabupaten Pamekasan

Jenis penelitian ini eksperimental dengan pendekatan *One-grup-pra-post test design*. Populasi sebanyak 35 anak di Tk Sekar Jambi Desa Tanjung Kecamatan Pademawu Kabupaten Pamekasan. Sampel sebanyak 25 anak sesuai kriteria inklusi dan eksklusi dengan teknik *Teknik purposive sampling*. Pengambilan data menggunakan kuesioner yang dianalisis dengan uji *wilcoxon*.

Hasil penelitian dari 25 responden diketahui bahwa responden ada pengaruh Terapi *vegetable eating motivation (VEM)* terhadap peningkatan makan sayur sebanyak sebagian besar 17 orang (68%) dan hampir setengah sebanyak 8 orang (32 %) dan sesudah dilakukan Terapi *vegetable eating motivation (VEM)* terjadi peningkatan pada makan sayur yaitu didapatkan sebagian besar sebanyak 19 orang (76%) dan hampir setengah sebanyak 6 orang (24 %). Bahwa hasil penelitian dengan menggunakan uji *wilcoxon* dengan pendekatan *pre test dan post tes* diperoleh nilai *p-value* = 0,000 (< 0,05).

Kesimpulan dalam penelitian ini adalah bahwa Ada Pengaruh Terapi Bermain *Vegetable Eating Motivation (VEM)* Terhadap Peningkatan Makan Sayuran Pada Anak Pra-Sekolah Di Tk Sekar Jambi Desa Tanjung Kecamatan Pademawu Kabupaten Pamekasan .

Kata kunci : *Vegetable Eating Motivation (VEM)*, Makan Sayuran

ABSTRAK

THE EFFECT OF VEGETABLE EATING MOTIVATION (VEM) PLAY THERAPY ON INCREASING VEGETABLE EATING IN PRE-SCHOOL CHILDREN AT SEKAR JAMBI KINDERGARTEN, TANJUNG VILLAGE PADEMAWU DISTRICT, PAMEKASAN DISTRICT

By
Mutimatul Karimah

The golden age or golden generation is known in preschool because it is a period of very rapid growth and development. During the growth and development of children, nutrition is very necessary, poor diet will cause children not to get balanced nutrition. Factors that influence vegetable consumption are parents consisting of delays in practicing vegetables and fruit in children, lack of setting a good example in vegetable consumption, low socioeconomic status, wrong parents, and parental education. Knowing the Effect of Vegetable Eating Motivation (VEM) Play Therapy on Increasing Vegetable Eating in Pre-School Children at Sekar Jambi Kindergarten, Tanjung Village, Pademawu District, Pamekasan Regency.

This type of research is experimental with a one-group-pre-post test design approach. The population is 35 children at Sekar Jambi Kindergarten, Tanjung Village, Pademawu District, Pamekasan Regency. A sample of 25 children fit the inclusion and exclusion criteria using purposive sampling technique. Data collection used a questionnaire which was analyzed using the Wilcoxon test.

The results of the study from 25 respondents found that the respondents had the influence of vegetable eating motivation (VEM) therapy on increasing eating vegetables by the majority of 17 people (68%) and almost half as much as 8 people (32%) and after doing vegetable eating motivation (VEM) therapy there was an increase in eating vegetables, which was found in the majority of as many as 19 people (76%) and almost half as much as 6 people (24%). That the results of the study using the Wilcoxon test with the pre-test and post-test approaches obtained a p-value = 0.000 (<0.05).

The conclusion in this study is that there is an effect of Vegetable Eating Motivation (VEM) play therapy on increasing eating vegetables in pre-school children at Sekar Jambi Kindergarten, Tanjung Village, Pademawu District, Pamekasan Regency.

Keywords : *Vegetable Eating Motivation (VEM), Eating Vegetables*