

## PENGARUH PENYULUHAN GIZI DENGAN MEDIA GAME EDUKASI BERBASIS ANDROID TERHADAP KONSUMSI BUAH DAN SAYUR PADA SISWA SMP DI NGABANG KABUPATEN LANDAK

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 16/02/2026.            Revised -            Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b>            Game edukasi,            TTSbayur;            Konsumsi Buah dan Sayur.</p>	<p>Latar Belakang: Stunting masih menjadi masalah gizi kronis. Konsumsi sayur dan buah sebagai sumber vitamin dan mineral penting untuk menjaga daya tahan tubuh dan mencegah penyakit tidak menular. Kurangnya asupan dapat menyebabkan defisiensi yang berdampak pada kesehatan. Game edukasi merupakan media pembelajaran yang interaktif dan efektif dalam menyampaikan pesan gizi. Pengembangan game edukasi berbasis Android dipilih karena mudah diakses dan banyak digunakan oleh anak-anak. Game ini memuat pesan gizi berbahasa Dayak untuk meningkatkan pemahaman siswa tentang pentingnya konsumsi buah dan sayur secara menarik dan partisipatif. Tujuan: Mengetahui pengaruh game edukasi berbasis Android terhadap konsumsi buah dan sayur pada siswa SMP di Ngabang, Kabupaten Landak. Metode: Penelitian quasi experimental dengan desain separate sample pretest-posttest control group. Penelitian dilakukan di SMP Negeri 1 dan 2 Ngabang dengan sampel siswa kelas VIII. Edukasi diberikan melalui game selama 8 kali pertemuan dalam 1 bulan. Data konsumsi buah dan sayur dikumpulkan sebelum dan sesudah intervensi, lalu dianalisis menggunakan uji Wilcoxon. Hasil: Tidak terdapat perbedaan konsumsi buah dan sayur pada kelompok kontrol (<math>p &gt; 0,05</math>). Pada kelompok perlakuan terdapat peningkatan signifikan konsumsi buah dan sayur (<math>p = 0,000</math>). Secara keseluruhan terdapat perbedaan bermakna antara kelompok kontrol dan perlakuan (<math>p = 0,000</math>). Kesimpulan: Game edukasi berbasis Android berbahasa Dayak efektif meningkatkan frekuensi konsumsi buah dan sayur pada siswa SMP.</p> <p><b>ABSTRACT</b></p> <p><i>Background: Stunting remains a chronic nutritional problem. The consumption of vegetables and fruits, as sources of vitamins and minerals, is essential for maintaining immunity and preventing non-communicable diseases. Inadequate intake may lead to deficiencies that negatively affect health. Educational games are interactive and effective learning media for delivering nutrition messages. An Android-based educational game was developed due to its easy accessibility and widespread use among children. The game incorporates nutrition messages in the Dayak language to enhance students' understanding of the importance of fruit and vegetable consumption in an engaging and participatory manner. Objective: To determine the effect of an Android-based educational game on fruit and vegetable consumption among junior high school students in Ngabang, Landak Regency. Methods: This study used a quasi-experimental design with a separate sample pretest–posttest control group design. The</i></p>

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*research was conducted at SMP Negeri 1 and SMP Negeri 2 Ngabang, involving eighth-grade students. The intervention consisted of eight game-based educational sessions over one month. Data on fruit and vegetable consumption were collected before and after the intervention and analyzed using the Wilcoxon test. Results: There was no significant difference in fruit and vegetable consumption in the control group ( $p > 0.05$ ). In the intervention group, there was a significant increase in fruit and vegetable consumption ( $p = 0.000$ ). Overall, there was a significant difference between the control and intervention groups ( $p = 0.000$ ). Conclusion: The Android-based educational game in the Dayak language effectively increased the frequency of fruit and vegetable consumption among junior high school students.*

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