

ABSTRAK

Damiati, Ni Kadek (2026), Pengembangan Program Super Sehat untuk Meningkatkan Pola Hidup Bersih Sehat dan Gizi Seimbang Anak Usia Dini di TK Pelangi School Bali. Tesis, Pendidikan Anak Usia Dini (S2), Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata-kata kunci: Program Super Sehat, perilaku hidup bersih dan sehat, gizi seimbang, ADDIE, anak usia dini.

Perilaku Hidup Bersih dan Sehat (PHBS) serta gizi seimbang merupakan aspek penting dalam mendukung tumbuh kembang anak usia dini. Namun, penerapannya di TK Pelangi School Bali belum optimal, ditandai dengan kebiasaan konsumsi makanan manis yang berlebihan dan adanya anak dengan status gizi kurang. Penelitian ini bertujuan mengembangkan Program Super Sehat serta menguji validitas, kepraktisan, dan efektivitasnya dalam meningkatkan PHBS dan pemahaman gizi seimbang anak usia dini. Penelitian ini merupakan penelitian pengembangan dengan model ADDIE (Analysis, Design, Development, Implementation, Evaluation). Subjek penelitian terdiri atas ahli materi, ahli media, guru, dan 42 anak usia 4–6 tahun. Data dikumpulkan melalui lembar validasi, angket respons guru, serta observasi pre-test dan post-test. Data validitas dan kepraktisan dianalisis secara deskriptif, sedangkan efektivitas program dianalisis menggunakan uji Wilcoxon.

Hasil penelitian menunjukkan bahwa Program Super Sehat menghasilkan Buku Panduan Super Sehat yang didukung media pembelajaran berupa boneka, lagu, dan video edukatif. Program memiliki tingkat validitas sangat tinggi dengan rentang nilai 0,80–1,00 dan tingkat kepraktisan sangat praktis dengan skor rata-rata 3,83. Hasil uji Wilcoxon menunjukkan nilai signifikansi 0,000 ($p < 0,05$) pada variabel PHBS dan gizi seimbang, yang menunjukkan adanya peningkatan signifikan setelah program diterapkan. Berdasarkan hasil tersebut, Program Super Sehat dinyatakan valid, praktis, dan efektif sehingga layak digunakan sebagai model pembelajaran kesehatan pada lembaga Pendidikan Anak Usia Dini.

ABSTRACT

Damiati, Ni Kadek (2026), Development of the Super Healthy Program to Improve Clean and Healthy Living Behavior and Balanced Nutrition among Early Childhood Children at TK Pelangi School Bali. Thesis, Early Childhood Education (Master's Program), Postgraduate Program, Universitas Pendidikan Ganesha.

This thesis has been approved and examined by Supervisor I Dr. Gede Wira Bayu, S.Pd., M.Pd. and Supervisor II Dr. Ni Ketut Desia Trisiantari, S.Pd., M.Pd.

Keywords: Super Healthy Program, Clean and Healthy Living Behavior, Balanced Nutrition, ADDIE, Early Childhood.

Clean and Healthy Living Behavior (PHBS) and balanced nutrition are important aspects in supporting optimal growth and development in early childhood. However, their implementation at TK Pelangi School Bali has not been optimal, as indicated by excessive consumption of sugary foods and the presence of children with undernutrition. This study aimed to develop the Super Healthy Program and examine its validity, practicality, and effectiveness in improving PHBS and balanced nutrition understanding among early childhood children. This study employed a research and development approach using the ADDIE model, consisting of Analysis, Design, Development, Implementation, and Evaluation. The research subjects included content experts, media experts, teachers, and 42 children aged 4–6 years. Data were collected through validation sheets, teacher response questionnaires, and pre-test and post-test observations. Validity and practicality data were analyzed descriptively, while the effectiveness of the program was analyzed using the Wilcoxon test.

The findings revealed that the Super Healthy Program produced a Super Healthy Guidebook supported by learning media in the form of puppets, songs, and educational videos. The program demonstrated a very high level of validity, with validity scores ranging from 0.80 to 1.00, and was categorized as very practical, with an average practicality score of 3.83. The Wilcoxon test showed a significance value of 0.000 ($p < 0.05$) for both PHBS and balanced nutrition variables, indicating a significant improvement after the implementation of the program. Based on these findings, the Super Healthy Program was found to be valid, practical, and effective. Therefore, it is suitable to be implemented as a health education model in early childhood education institutions.