

# Development and Content Validity of 'Ayo Jajan Sehat' Poster as a Nutrition Education Media for Elementary School Children

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## Abstract

*Purpose:* The objective of this study is to conceptualize and evaluate the effectiveness of nutrition education media specifically tailored for elementary school students, presented in the form of posters promoting healthy snack choices.

*Methodology:* This research method uses the Research and Development (R&D) method of Analysis, Design, Development (ADD) which is then tested for validity using the CVI formula. This validity test involved 6 experts who consisted of 2 nutrition experts, 2 language experts, and 2 media experts.

*Results:* Based on the results of the expert judgment, the CVI value of the nutrition expert of 0.96 is included in the very suitable category, the language expert of 0.96 is included in the very suitable category and the media expert of 0.86 is included in the very suitable category. So, it can be concluded that the educational media poster "Ayo Jajan Sehat" is suitable for nutrition education for elementary school students.

*Applications/Originality/Value:* This study contributes to the development of effective visual-based nutrition education tools tailored for young learners. The "Ayo Jajan Sehat" poster serves as a practical and validated medium to enhance students' awareness of healthy snack choices. It can be integrated into school health programs and classroom learning to support early intervention in building healthy eating habits, thus promoting long-term wellness from an early age.

## Introduction

Elementary school age is an important period in child development [1]. At this age it is a period of physical, mental, social, and intellectual formation. School and their environment have a lot of influence on children's habits and development, including in choosing snacks. Elementary school-age children tend to like media that have attractive colors and use images [2]. According to survey data from the Badan Pengawas Obat dan Makanan (BPOM), there were 872 cases of poisoning in children in Indonesia, of which 7.63% were caused by food. These cases of poisoning can be in the form of street snacks or school canteens [3]. Unhealthy snacks at school can have short or long-term negative impact on health such as dizziness, diarrhea, typhoid fever, vomiting, and several other diseases [4]. Many factors include hygiene when choosing and cleaning food ingredients, processing, and food serving must be considered to produce healthy snacks. Elementary school children need nutritious food at home and at school [5]. Food has an important role in optimizing nutritional status in children [6]. The habit of snacking for elementary school children has become an inherent culture for children [7].

School snacks have an important role in shaping eating habits and controlling children's health. A total of 78.9% children have a habit of snacking at school, children buy snacks at school with a frequency of twice to more than four times a day. This frequency is certainly very high, and contributes a large role in children's daily nutrient intake. Children tend to choose foods that are attractive, soft in texture, and cheap in price. Children's decision in choosing is also influenced by their level of knowledge about healthy snacks. The more often children are educated about healthy snacks, the more they will recognize and be careful in choosing snacks according to what is recommended [8]. Efforts are needed to increase children's awareness to care about choosing and consuming healthy snacks, such as by providing nutritional education media as a poster. Posters have advantage of reaching a wider audience and are easy to understand if delivered in simple and straightforward language according to the characteristics of the target audience. Posters are educational media that can be attached to the corners of the classroom so that children can help children remember the education that has been delivered. Posters are one of the media that can attract student interest and have a significant effect on the level of student knowledge [9]. The study aimed to develop and test the content validity of poster 'Ayo Jajan Sehat' to improve student's awareness to consume healthy snacks.

## Research Methods

This research design was research and development, a type of qualitative research descriptive method to develop a healthy snack poster. Poster media development was carried out using 4 sequential activities including analysis, design, development and validation [10]. This method is an effective development method in developing media to support the learning process for children [11].

The analysis stage was carried out by looking at the problems and description of the educational media to be compiled based on a focus group discussion (FGD) involved 21 teachers responsible in implementation of Usaha Kesehatan Sekolah (UKS) from Muhammadiyah elementary schools in Surakarta, then followed by a literature study for the preparation of material on poster media. After the material was collected, we designed a poster aimed to improve student's awareness on healthy snacks. A poster was designed using the Canva application which was structured with simple language so that it was easy for children to understand and uses colors that children like. The next stage was the development of the poster followed by expert judgement to validate content of the poster. The experts who assessed the poster consisted of 3 fields including nutrition, language, and media, each of which consisted of 2 experts with criteria minimum master's degree. Nutrition experts focused on assessing the context and suitability of the content of the poster, linguists assessed language style, language suitability, and word selection. While media experts focus on assessing media related to typography, layout, element selection, and the combination of colors chosen.

The data obtained was then tested for validity using the content validity index (CVI) which was categorized into valid or not [12]. The score calculation is obtained using the following formula:

$$CVI = Ne/N [13]$$

Description:

Ne: number of experts who rate an item suitable.

N: total number of experts.

The content validity index was between 0 and 1. A score that was higher indicates the degree of agreement with each item's significance. Furthermore, the CVI value will be interpreted accordingly using 2 assessment categories, value 1 states valid and value 0 states invalid. Then revision was carried out on invalid content. This research was a part of UKS project entitled 'Initiate a health promoting school curriculum for prevention of stunting and other nutrition-health related problems: Project partnership with UNESCO Chair Global Health & Education through optimization of Usaha Kesehatan Sekolah (UKS)' and has obtained permission from the Ethics Committee of the Faculty of Medicine Universitas Muhammadiyah Surakarta (Number: 5071/B.2/KEPK-FKUMS/IX/2023).

## Result and Discussion

### Result

#### Analysis

The results of the problem analysis based on the FGD and literature review were presented in Table 1 and Table 2, respectively.

**Table 1.** Problem analysis based on focus group discussion (FGD)

Problem	Development
Lack knowledge of the definition of healthy snacks.	Develop nutrition education media on the definition of healthy snacks [14, 15]
Lack of knowledge to recognize the characteristics of healthy snacks.	Delivering material on food additives that are harmful to the body and how to detect simple ways to avoid them. The material on the poster is presented in short and simple language [14].
Lack of knowledge to recognize the characteristics of unhealthy snacks.	Develop nutrition education media on the characteristics of snacks to avoid (which are not safe for consumption) [15]

Lack of knowledge about the types of food ingredients that are harmful to the body. Developing nutrition education media about the impact of eating unhealthy snacks on health.	Developing nutrition education media about the types of food additives that are harmful to the body [16, 17, 18]. Develop nutrition education media on the impact of eating unhealthy snacks on health [19, 20].
Lack of awareness about the importance of washing hands before eating.	Develop nutrition education media on the importance of handwashing with soap and flowing water before eating [21].

**Table 2.** Problem analysis based on literature review

Problem	Solution
Lack of awareness and knowledge of children in choosing healthy snacks [22]	Efforts: nutrition education media about healthy snacks and how to recognize (distinguish) snacks that are good for the body
Children love to eat foods with MSG [23]	Efforts: create nutrition education media on MSG consumption
Lack of sanitation in snacks in elementary schools [24]	Efforts: development of nutrition education media on healthy snacks that are closed and safe for consumption
There is still a lack of student awareness about personal hygiene [25]	Efforts: provide education on hand washing with soap and running water

Poster design and its parts were presented in Table 3. ‘*Ayo Jajan Sehat*’ (Let's snack healthy) was chosen as the title of the poster with the consideration of inviting the positive behavior of choosing healthy snacks, so that children will always remember positive words by choosing healthy snacks. The initial poster design was presented in Figure 1.

## Design

**Table 3.** The initial design of the poster.

The inside of a poster	Poster Sub-Section	Description
Title	Title	‘Ayo Jajan Sehat’
Definition of healthy snacks [15, 26]	Sub-title	Healthy snacks are foods that are nutritious, safe for consumption, kept clean, and safe from pathogenic [15, 26]
Characteristics of healthy snacks [15]	Healthy snacks is	<ul style="list-style-type: none"> <li>• Nutritious</li> <li>• Enclosed</li> <li>• Clean</li> <li>• No dust</li> <li>• Pathogen-free</li> </ul>
Snacks that should be avoided [17, 27, 18]	Avoid RRB snacks	<ul style="list-style-type: none"> <li>• Taste too savory</li> <li>• Taste too sweet</li> <li>• Flashy in color</li> </ul>
	Harmful food additives	<ul style="list-style-type: none"> <li>• Formalin</li> <li>• Boraks</li> <li>• Artificial sweetener</li> </ul>
The impact of consuming unhealthy snacks [19, 29, 30, 31]	The impact of consuming unhealthy snacks	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Fever</li> <li>• Poisoning</li> </ul>

Hand washing reminder Remember !  
 Make it a habit to wash your hands with soap and running water before eating, so that the microbial pathogens on your hands disappear.



Figure 1. Initial poster design

The expert judgment assessment in the content validity test used predetermined criteria and showed very suitable based on the judgement of nutrition experts (overall CVI=0.91 (Table 4), language experts (overall CVI=0.96 (Table 5), and media experts (overall CVI=0.86 (Table 6). Average content validity based on the 3 experts was 0.9 was categorized into very suitable.

Table 4. Nutrition content expert validity test data

Indicators	Questions	Validators		Total value	CVI Score	Description
		1	2			
Poster Title	Ayo Jajan Sehat	1	1	2	1	Very suitable
Definition of healthy snacks	Healthy snacks are snacks that are nutritious, safe for consumption, kept clean, and safe from pathogenic microbes.	1	1	2	1	Very suitable
Characteristic of healthy snacks	Healthy snacks are :	1	1	2	1	Very suitable
	Nutritious	1	1	2	1	Very suitable
	Closed	1	1	2	1	Very suitable
	Not dusty	1	1	2	1	Very suitable
	Pathogen-free	0	1	1	0,5	Suitable
Characteristics of unhealthy snacks (snacks to avoid)	Avoid RRB snacks	1	1	2	1	Very suitable
	Tastes too savory	1	1	2	1	Very suitable
	Tastes too sweet	1	1	2	1	Very suitable
	Flashy in color	1	1	2	1	Very suitable
The impact of consuming unhealthy snacks	Fever	1	1	2	1	Very suitable
	Diarrhea	1	1	2	1	Very suitable
	Poisoning	1	1	2	1	Very suitable

The importance of washing hands before eating	Remember!	1	1	2	1	Very suitable
Reference	Make it a habit to wash your hands with soap and running water before eating, so that the pathogenic microbes on your hands disappear.	1	1	2	1	Very suitable
<b>Average</b>					<b>0,96</b>	<b>Very suitable</b>

**Table 5.** Indonesian Language Expert Validity Test Data

Indicators	Questions	Validators		Total value	CVI Score	Description
		1	2			
Suitability of media with elementary school children	Appropriateness of language to the thinking level of elementary school children	1	1	2	1	Very suitable
	Suitability of language with the emotional level of elementary school children (SD)	1	1	2	1	Very suitable
Legibility Explanation	Clear delivery of information in the media	1	1	2	1	Very suitable
	The text is neatly arranged	1	1	2	1	Very suitable
Agility	Accuracy of sentence structure	1	1	2	1	Very suitable
	Accuracy of terms	1	1	2	1	Very suitable
	Word selection	0	1	1	0,5	Suitable
	Easy to understand sentence structure	1	1	2	1	Very suitable
Suitability with Indonesian language rules	Language accuracy	1	1	2	1	Very suitable
	Spelling accuracy	1	1	2	1	Very suitable
	Writing accuracy	1	1	2	1	Very suitable
Use of terms, symbols, and emblems	Accuracy in the use of terms, symbols, and symbols	1	1	2	1	Very suitable
	Accuracy of scientific writing or foreign words	1	1	2	1	Very suitable
<b>Average</b>					<b>0,96</b>	<b>Very suitable</b>

**Table 6.** Media expert Validity Test Data

Indicators	Questions	Validators		Total value	CVI Score	Description
		1	2			
Poster Size	Size suitability of pocket book for healthy breakfast A3 (42 x 29.7 cm)	1	0	1	0,5	Suitable
	Size suitability with the material on the poster	1	1	2	1	Very suitable
Color Selection	The color combination chosen has an appeal to elementary school students.	1	1	2	1	Very suitable
	Appropriateness of the color combination on the poster	1	1	2	1	Very suitable
	The color of the letters contrasts with the background	1	1	2	1	Very suitable
Poster Layout	Placement of layout elements is consistent based on the pattern	1	1	2	1	Very suitable

	The separation between sections (sub-chapters) is clear.	0	0	0	0	Very suitable
	Suitable title placement and size.	1	1	2	1	Very suitable
	Suitable spacing between text and illustrations.	1	1	2	1	Very suitable
	Suitable shape, color, and size of the layout	1	1	2	1	Very suitable
Poster Typography	Typeface is attractive to look at	1	1	2	1	Very suitable
	The use of letters used is easy to read	1	1	2	1	Very suitable
	The use of letter variations (bold, italic, capital, small capitals) is not excessive.	1	1	2	1	Very suitable
	Suitable font size with the standard on the poster	1	1	2	1	Very suitable
	Suitable typeface with the content material	0	0	0	0	Very suitable
Poster Illustration	Able to express the Averageing/Averageing of the object	1	1	2	1	Very suitable
	The suitability of the size of the elements to expand the Averageing/message of the material	1	1	2	1	Very suitable
	The overall illustration is harmonious	1	1	2	1	Very suitable
<b>Average</b>					<b>0,86</b>	<b>Very suitable</b>

Some inputs were given by the experts to improve the poster presentation. Their comments and suggestion were presented in Table 8.

**Table 8.** Overall comments and suggestions

Comments and suggestions	
Content expert	The word pathogen can be replaced with easier language such as bacteria-free or no dirt. Information on why healthy snacks are needed should be provided. The keyword hindarin section of RRB snacks should be replaced by GMM as the core of the discussion. Barcode references should be made on a bright background.
Language expert	The choice of words in the poster should be replaced with more general terms (pathogen=bacteria/germs). There are words that are not consistent Punctuation and capitalization need more attention.
Media expert	Too much information is provided Can be added real photos that illustrate foods that must be restricted Try to combine the right font and color again The use of symbols, terms, and elements is too much.

Based on the results of the validity test and suggestions from 3 experts, there were some changes in the poster, especially in the choice of words. This poster was intended for elementary school children, so it needs to use language that was easy to understand. The final design poster and the final poster were presented in Table 9 and Figure 2, respectively.

**Table 9.** Final design poster

The inside of a poster	Poster Sub-Section	Description
Title	Title	“AYO JAJAN SEHAT”
Definition of healthy snacks [15, 26]	Sub-title	Healthy snacks are foods that are nutritious, safe for consumption, kept clean, and safe from pathogenic microbes.

Characteristics of healthy snacks [18]	Healthy snacks is	<ul style="list-style-type: none"> <li>• Nutritious</li> <li>• Enclosed</li> <li>• Clean</li> <li>• No dust</li> <li>• Pathogen-free</li> </ul>
Snacks that should be avoided [17, 27, 18]	Avoid GAME	<ul style="list-style-type: none"> <li>• Taste too savory</li> <li>• Taste too sweet</li> <li>• Flashy in color</li> </ul>
	Harmful food additives	<ul style="list-style-type: none"> <li>• Formalin</li> <li>• Boraks</li> <li>• Artificial sweetener</li> </ul>
The impact of consuming unhealthy snacks [19, 29, 30, 31]	The impact of consuming unhealthy snacks	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Fever</li> <li>• Poisoning</li> </ul>
	Hand washing reminder	Don't forget to wash your hands! Let's wash our hands with soap to be free from germs and avoid various diseases.

**Table 10.** Expert Judgment Assessment

Expert	CVI Value	Category
Nutrition expert	0.92	very suitable
Media expert	0.61	suitable
Language expert	0.92	very suitable
Overall	0.81	very suitable



**Figure 2.** Final poster

## Discussion

The final product of this research is a nutritional education media in the form of a poster 'Ayo Jajan Sehat' for elementary school children which was rated very suitable by the expert panels. The Design stage is carried out by designing materials and poster media designs for elementary school children based on the results of the review that has been carried out. After that, the development stage is carried out using the canva application with A3 size paper (297mm X 42mm). The colors used in the poster are red, blue, white, and green. These colors were chosen according to the atmosphere that the researcher wanted to build, namely a cheerful atmosphere for elementary school students. Bright colors are associated with feelings of happiness. This is suitable with research conducted [32] which states that children will choose different colors, children

will choose bright colors such as yellow, orange, white, and other bright colors. These colors describe feelings of happiness compared to dark colors such as dark blue and black [33]. The images included in the poster illustrate the message to be conveyed, the goal is to make it easier for children to capture the information that the researcher wants to convey. The layout of the images and the poster design are arranged simply and sequentially, suitable with the arrangement of the material that has been compiled. There is no specific layout found in the journal to organize the layout, so it does not require a special template.

The use of poster for educational media can increase students' knowledge and attitudes about balanced nutrition [34].

There are some content improvements to the poster based on input of the experts. There are changes in grammar on the poster, for example, changes to the word "pathogen" which was changed to "bacteria" this refers to the suggestion of language experts because the word bacteria can be more easily understood. In addition, there are also changes to the poster layout, namely by adding pictures of real food to the poster and summarizing the material to be conveyed so that children can understand more easily. This is suitable with the results of [35] which states that the use of images can make students understand lessons faster, especially for children with visual learning styles.

## Conclusion

The poster "Ayo Jajan Sehat" was deemed effective and appropriate as a nutrition education tool for elementary school children. It serves as a practical medium to raise awareness about healthy eating habits and personal hygiene, contributing to better nutritional outcomes among young students. This research underscores the importance of targeted educational materials and the iterative process of refining content to suit the needs and understanding of young learners. The findings support the use of visually appealing and straightforward tools like posters for disseminating health education in schools.

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