

THE IMPACT OF MAGIC LIFT THE FLAP BOOKS ON KNOWLEDGE AND ATTITUDES OF CHILDREN REGARDING OBESITY PREVENTION AT SD IT IQRA 2, BENGKULU CITY

By Lissa Ervina



THE IMPACT OF MAGIC LIFT-THE-FLAP BOOKS ON KNOWLEDGE AND ATTITUDES OF CHILDREN REGARDING OBESITY PREVENTION AT SD IT IQRA 2, BENGKULU CITY

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Abstract

The issue of balanced nutrition among elementary school children became a health problem that could impact children in the future, such as obesity. The effects could include health and psychosocial problems in children. One of the factors that caused this condition was the lack of knowledge and attitudes among children. As a result, the magic lift the flap book is an example of the kind of interactive media that might be utilized to enhance children's understanding and beliefs. This study examines the effect of the magic lift-the-flap book on children's knowledge and attitudes regarding obesity prevention at SD IT Iqra 2, Bengkulu City.

A quantitative pre-experimental study with a single-group pre-test and post-test design was conducted. The sample included 40 fifth-grade students chosen randomly from a population of 129. Data were collected via questionnaires and analyzed using the Wilcoxon Signed Rank Test.

This study indicated that students' knowledge scores rose from a mean of 69.52 prior to the intervention to 88.00 following the use of the magic lift-the-flap book. Similarly, the average attitude score improved from 24.50 prior to the intervention to 36.58 after the intervention. These findings demonstrated that the magic lift-the-flap book exerted a statistically significant influence on children's knowledge and attitudes toward obesity prevention at SD IT Iqra 2, Bengkulu City, as indicated by a p-value of 0.000 (≤ 0.05). Therefore, the magic lift-the-flap book was expected to function as an engaging educational medium to enhance elementary school children's knowledge and attitudes regarding obesity prevention.

Keyword: Obesity, Magic Lift The Flap Book, Knowledge, Attitude

INTRODUCTION

The childhood stage is key, as it involves swift growth and developmental changes. Age groupings for children are categorized into three categories: toddlers (1-5 years), early childhood (5-6 years), and school-aged children (6-10 years) (Aini, N. D *et al.*, 2023). Elementary school children represent a group that begins to develop independence and establish boundaries of norms, and are particularly vulnerable to nutritional and health issues (Dungga, 2020). The issue of balanced nutrition in elementary school-aged children poses a significant health concern that can impact their future, leading to conditions such as obesity (Zulaekah & Oktaria, 2020).

Page 21
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Obesity is defined as an abnormal buildup of body fat resulting from a long-term mismatch between energy consumption and energy use. This condition places children at significant risk, including impaired physical function and a greater likelihood of developing chronic health issues later in life. Beyond physical health consequences, obesity also affects children psychologically and socially, leading to reduced academic achievement, lower quality of life, and a greater susceptibility to stigma and bullying, all of which may negatively impact self-esteem. For this reason, obesity prevention from an early age is crucial, as lifestyle patterns established during childhood tend to persist and influence long-term health outcomes (Zahari *et al.*, 2022).

Currently, obesity has become a global public health issue with profound effects on human health and well-being. Each year, obesity contributes to millions of deaths worldwide due to various health complications. Global estimates indicate that over one billion people are affected, including both adults and children, highlighting obesity as a major public health challenge. Furthermore, the number of children and adolescents classified as overweight has continued to rise in recent years. The prevalence increased among both sexes, with overweight conditions affecting 19% of girls and 21% of boys in 2022 (WHO, 2024).

Statistics from the Bengkulu City Health Office (2024) showed that the prevalence of obesity among elementary school students reached 3.0%, with the highest proportion reported in the Sawah Lebar Community Health Center area, where 11% of children were categorized as obese. At SD IT Iqra 2 Bengkulu, obesity prevalence was notably higher, reaching 30.9%. In response to the significant health risks posed by childhood obesity, the Indonesian government has implemented several strategic programs aimed at reducing obesity rates. The Ministry of Health has set a target to reduce the national obesity rate by 3% by 2030. One key initiative is the Nusantara Movement to Reduce Obesity (GENTAS), which focuses on increasing public awareness and encouraging community involvement in maintaining ideal body weight (Rahmawati *et al.*, 2023). This effort is further reinforced by Presidential Instruction No. 1 of 2017 on the Healthy Living Community Movement (Gernas), which promotes healthy behaviors such as engaging in at least 30 minutes of daily physical activity, regularly consuming fruits and vegetables, and participating in health education programs (Cahyani *et al.*, 2020). Early prevention of obesity is also promoted through the Gernas Safe Food Awareness Movement (Gernas SAPA), which aims to inspire health facilitators, cadres, teachers, school principals, and canteen staff to educate children on choosing healthy foods and snacks, such as fruits (Kemenko PMK, 2023).

To enhance children's knowledge and attitudes regarding obesity prevention, interactive and engaging media is essential. One such medium is the magic lift the flap book Research by Harvianto *et al.*, (2022) demonstrated that lift the flap book media significantly enhanced knowledge and attitudes related to fat-soluble vitamins in food among children aged 10–12 years ($p = 0.0001$). An acceptance evaluation conducted using questionnaires assessed seven dimensions of user response and concluded that the media was easy to understand and well accepted by participants. The lift-the-flap book has the potential to be further developed as an interactive educational tool for school-aged children, thereby supporting improvements in nutritional status and overall health among elementary students. Based on these considerations, this study focuses on examining “The Effect of Magic Lift the Flap Books on Children’s Knowledge and Attitudes Regarding Obesity Prevention at SD IT Iqra 2, Bengkulu City.”

METHODS

This study employed a one-group pre-test and post-test quantitative design to examine the effect of magic lift-the-flap books on children’s knowledge and attitudes toward obesity prevention at SD IT Iqra 2, Bengkulu City.

The study aims to evaluate the impact of magic lift-the-flap book media on children’s knowledge and attitudes regarding obesity prevention at SD IT Iqra 2, Bengkulu City. In this research, the lift-the-flap book serves as the independent variable, while children’s knowledge and attitudes represent the dependent variables.

The study involved pre-test and post-test evaluations on a sample of 40 fifth-grade students, chosen randomly from the population. Data were gathered using a 10-item knowledge questionnaire and a 10-statement attitude questionnaire. Both instruments have undergone validity testing, yielding correlation values greater than 0.5140, and reliability testing, with Cronbach’s Alpha coefficients of 0.791 for knowledge and 0.779 for attitude.

Data were gathered using the questionnaires and first assessed for distribution using the Shapiro-Wilk test. The Wilcoxon Signed Rank Test was then applied to determine the effect of the media. The study was conducted from January to February 2025, adhering to ethical research principles, including informed consent, anonymity, and data confidentiality.

It is anticipated that the results will demonstrate an improvement in children's knowledge and attitudes following the intervention with this interactive media, serving as an educational effort for obesity prevention.

RESULTS

A. Univariate Analysis

This study employed an analysis of individual variables to clearly present the frequency distribution and relative share of each measured variable.

Table 1. Respondents' Profile by Gender, Height, Weight, BMI, Mother's Occupation, and Eating Habits

Variables	Frequency	Percentage(%)
Gender		
Male	17	42,5%
Female	23	57,5%
Total	40	100%
Height (TB)		
<129 cm	4	10%
129 cm – 140 cm	20	50%
>140 cm	16	40%
Total	40	100%
Weight (BB)		
<30 kg	12	30%
30 kg – 40 kg	20	50%
>40 kg	8	20%
Total	40	100%
Body Mass Index (IMT)		
Severly Underweight	4	10%
Underweight	6	15%
Normal	30	75%
Overweight	0	0%
Obese	0	0%
Total	40	100%
Mother's Occupation		
Employed	37	92,5%
Unemployed	3	7,5
Total	40	100%
Eating Patterns		
Sweet Foods	30	29,1%
Fast Food and Excessive Fats	9	8,8%
Snacks	22	21,3%
Processed Foods	17	16,5%
Other Foods	25	24,3%
Total	103	100%

Referring to the information presented in Table 1, the descriptive analysis of respondent characteristics regarding gender, height, weight, mother's occupation, and eating patterns reveals that the majority of respondents are female, accounting for 57.5%.

Half of the respondents have a height ranging from 129 cm to 140 cm, while 50% fall within the weight range of 30 to 40 kg. Additionally, a significant portion of the respondents, 75%, have a normal Body Mass Index (BMI). Almost all mothers of the respondents are employed, representing 92.5%. In terms of eating patterns, the most frequently consumed food among the children at SD IT Iqra 2, Bengkulu City, is sweet foods, with 29.1% of respondents indicating this preference.

Table 2. Children's Mean Knowledge Scores Pre- and Post-Intervention Using the "Magic Lift the Flap Book" Media on Obesity Prevention Among Students at SD IT Iqra 2, Bengkulu City

Knowledge	n	Mean $\pm$ SD	Min-Max
Before Intervention	40	69.25 $\pm$ 20.304	10-100
After Intervention	40	88.00 $\pm$ 15.225	40-100

As presented in Table 2, univariate analysis indicates that before the implementation of the *Magic Lift-The-Flap Book*, children achieved a mean knowledge score of 69.25 with a standard deviation of 20.304, and the scores varied between 10 and 100. After the intervention, the mean knowledge score rose to 88.00, accompanied by a lower standard deviation of 15.225, with scores ranging from 40 to 100.

Table 3. Frequency Distribution of Knowledge Before and After Intervention Using the Magic Lift-The-Flap Book

No.	Question on Obesity Prevention	Before (%)		After (%)	
		Wrong	Correct	Wrong	Correct
1.	What is meant by obesity?	25.0	75.0	12.5	87.5
2.	What are the causes of obesity?	25.0	75.0	0.0	100.0
3.	What diseases can occur in obese individuals?	45.0	55.0	35.0	65.0
4.	How many vegetables should we consume according to MyPlate?	65.0	35.0	35.0	65.0
5.	What are the ways to prevent obesity?	22.5	77.5	5.0	95.0
6.	What foods should be avoided to prevent obesity?	15.0	85.0	2.5	97.5
7.	What physical activities can prevent obesity?	15.0	85.0	2.5	97.5
8.	What foods are good for people experiencing obesity?	20.0	80.0	7.5	92.5
9.	How long should we engage in physical activity each day?	47.5	52.5	7.5	92.5
10.	How many hours should we sleep at night?	27.5	72.5	12.5	87.5

Page
PAG
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MER
GEF
ORM
AT
C

Referring to Table 3, the item-level analysis shows that, out of the ten questions, item number 9 demonstrates the greatest improvement in knowledge, which asked about the recommended duration of physical activity each day. Before the intervention using the Magic Lift-The-Flap Book, the correct response rate was 52.5%. However, after the intervention, there was a significant increase, with the correct response rate rising to 92.5%.

Table 4. Average Attitudes of Children Before and After Intervention Using the Magic Lift-The-Flap Book on Obesity Prevention at SD IT Iqra 2, Bengkulu City

Attitude	n	Mean±SD	Min-Max
Before Intervention	40	24.50±2.287	17-28
After Intervention	40	36.50±2.620	29-40

As shown in Table 4, prior to the implementation of the *Magic Lift-The-Flap Book*, children recorded a mean attitude score of 24.50 with a standard deviation of 2.287, with scores ranging between 17 and 28. Following the intervention, the mean attitude score increased to 36.50, accompanied by a standard deviation of 2.620, with post-intervention scores ranging from 29 to 40.

Table 5. Frequency Distribution of Attitudes Before and After Intervention Using the Magic Lift-The-Flap Book

No.	Statement	Before (%)					After (%)		
		24 SS	S	TS	STS	SS	S	TS	STS
1.	Obesity is a condition of having too much body fat, leading to weight gain and negatively affecting health.	12.5	40.0	40.0	7.5	72.5	25.0	2.5	0.0
2.	Managing a healthy diet and exercising regularly can help prevent obesity.	10.0	35.0	42.5	12.5	85.0	15.0	0.0	0.0
3.	Excessive consumption of sweet foods does not make me obese.	12.5	57.5	25.0	5.0	5.0	5.0	30.0	60.0
4.	Consuming fruits and vegetables can increase the risk of obesity.	2.5	35.0	60.0	2.5	0.0	2.5	30.0	67.5
5.	Engaging in physical activity for at least 30 minutes every day can prevent obesity.	10.0	45.0	27.5	17.5	80.0	20.0	0.0	0.0
6.	Dancing, cycling, running, and gardening can prevent obesity.	10.0	40.0	40.0	10.0	67.5	30.0	0.0	0.0
7.	Fast food is good for health.	10.0	45.0	40.0	5.0	0.0	5.0	22.5	72.5

No.	Statement	Before (%)					After (%)		
		SS	S	TS	STS	SS	S	TS	STS
8.	Sleeping by 9 PM, for 9-10 hours at night, is recommended.	2.5	20.0	47.5	30.0	85.0	15.0	0.0	0.0
9.	Excessive consumption of processed foods like nuggets, sausages, and corned beef can cause obesity.	12.5	45.0	32.5	10.0	67.5	25.0	5.0	2.5
10.	Playing on phones and watching TV are enjoyable activities that can prevent obesity.	10.0	12.5	72.5	5.0	5.0	10.0	15.0	70.0

The results from Table 5 indicate that among the 10 attitude statements, the highest increase was observed in statement number 8. This statement addressed the importance of sleeping by 9 PM for 9-10 hours at night. Before the intervention using the Magic Lift-The-Flap Book, only 2.5% of respondents answered "Strongly Agree." However, after the intervention, there was a significant increase, with 85.0% of respondents expressing agreement.

B. Bivariate analysis

Bivariate analysis refers to a statistical approach applied to evaluate hypotheses and explore the association between two variables.

Table 6. Assessment of Data Normality

No.	Variables	Shapiro-Wilk			Ket.
		Statistic	df	Sig.	
1.	Knowledge				
	Before	0.937	40	0.028	Not Normal
	After	0.763	40	0.000	Not Normal
2.	Attitude				
	Before	0.915	40	0.005	Not Normal
	After	0.907	40	0.003	Not Normal

Table 7. Difference in Average Knowledge and Attitudes of Children at SD IT Iqra 2, Bengkulu City Before and After Intervention Using the Magic Lift-The-Flap Book on Obesity Prevention

Variable	n	Mean±SD		P	
		Before	After	ΔMean	Value
Knowledge	40	69.25±20.304	88.00±15.225	18.75	0.000
Attitude	40	24.50±2.287	36.58±2.620	12.08	0.000

Page
PAG
E
MER
GEF
ORM
AT
C

Based on Table 7, the Wilcoxon test showed a significant change in children's knowledge and attitudes, with a mean knowledge score of 18.75 and a mean attitude score of 12.08. The analysis yielded a p-value of 0.000, below the 0.05 significance level. At a 95% confidence level, the results show that the Magic Lift-The-Flap Book has a significant effect on children's knowledge and attitudes toward obesity prevention at SD IT Iqra 2, Bengkulu City.

DISCUSSION

Based on the respondent characteristics, it was found that the majority were female (57.5%), most had a normal BMI (75%), and nearly all the respondents' mothers were employed (92.5%). A sweet dietary pattern was observed in a significant number of respondents (30 students), which poses a risk factor for obesity.

The present study involved 40 fifth-grade students from SD IT Iqra 2, Bengkulu City, and aimed to examine the influence of the Magic Lift-The-Flap Book on children's knowledge and attitudes toward obesity prevention. Media, as a tool for conveying information, is a crucial element in the health education process (Ediana, 2022). According to Hamid et al., (2020), media plays a positive role in supporting the learning process by enhancing interest and motivation, particularly through the use of interactive media like the Lift-The-Flap Book (Hamid et al., 2020).

Before the intervention, children's knowledge about obesity prevention was relatively low. However, following the intervention with the Lift-The-Flap Book, there was a significant increase in both knowledge and attitudes, as evidenced by an increase in knowledge scores from 69.25 to 88.00 and attitude scores from 24.50 to 36.58. The Wilcoxon analysis yielded a p-value of 0.000, indicating that the media intervention had a statistically meaningful effect. The strength of interactive educational materials, such as the Lift-The-Flap Book, lies in their capacity to capture children's attention and improve understanding, thereby fostering enhanced knowledge and attitudes toward obesity prevention. These results correspond with the findings of Harvianto et al. (2022), who observed that the Lift-The-Flap Book significantly enhanced school-aged children's (10–12 years) knowledge and attitudes regarding fat-soluble vitamins in food (Harvianto et al., 2022).

Challenges in this study included less than conducive classroom conditions, limitations in anthropometric data that were not measured directly, and inaccuracies from respondents when filling out questionnaires.

Conclusion

In line with the study objectives and results, the findings indicate that most participants were female and had a normal Body Mass Index (BMI) (75%), with heights ranging from 129 to 140 cm and body weights between 30 and 40 kg. Additionally, the majority of respondents' mothers were employed, and the predominant dietary pattern among the children was the consumption of sweet foods. After the intervention using the Magic Lift-The-Flap Book, there was a significant increase in children's knowledge and attitudes regarding obesity prevention, with the average differences before and after the intervention indicating a positive impact of this media.

It is recommended that the community health center utilize this interactive media for obesity prevention education, that the Polytechnic School use it as a learning reference, that SD IT Iqra 2 incorporate this media into student education, and that other researchers develop similar studies to make health education more effective and engaging for children.

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Page
PAG
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GEF
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