

Pengembangan pendidikan kesehatan lewat biologi: Efektivitas desain instruksional 5E topik nutrisi dan system pencernaan terhadap literasi Kesehatan siswa SMA

Oleh: Agung W. Subiantoro, YP. Mutiarani

ABSTRAK

As one of the sustainable development goals (SDGs), good health and wellbeing needs to be supported especially through science education program. Therefore, this research is aimed to examine the effect of a 5E learning scenario in biology instruction on nutrition and digestive system topic towards high school students' health literacy. This was a quasi-experimental research that involved two groups of students from a public high school in Bantul region, Yogyakarta, Indonesia. One group played as a treatment group who learned the topic using 5E learning scenario, whilst another one as the control group who was taught by lecturing method. Pre-test and post-test instruments were employed to collect students' health literacy data and analysed descriptively towards its indicators as well as statistically using Wilcoxon and Mann U Whitney. The findings show that the treatment group's health literacy skill is significantly better than the control group (0.00; p:0.05). Therefore, it is concluded that the 5E-learning model implemented in this research evident more effective in fostering students' health literacy.

Kata Kunci: *biologi, literasi kesehatan, nutrisi, sistem pencernaan*