



Socialization of Digital Literacy in Compiling a Balanced Healthy Menu to Members of POKJA III the PKK Movement Team of Purwakarta Regency

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ABSTRACTS

The purpose of this research is to develop the ability of members to use digital literacy in compiling a balanced healthy menu. The study was conducted on 25 members of the POKJA III PKK Movement Team in Purwakarta City, Indonesia. Socialization activities use PowerPoint media through zoom meetings with lecture and question and answer methods as well as through social media in the form of posters that are made interesting and informative. The understanding and success of the member's socialization process were evaluated by filling out 10 pre-test and post-test questions. The results showed that most of the members experienced an increase in post-test scores. The main reason for the success of the socialization process is because the lecture with question and answer methods used are informative, interesting, and clear to make members understand the material so that they gain new knowledge and strengthen the basic material they already have.

ARTICLE INFO

Article History:

Submitted/Received 16 Jan 2022

First revised 16 Feb 2022

Accepted 25 Feb 2022

First available online 28 Feb 2022

Publication date 01 Mar 2022

Keyword:

Digital literacy,
Education,
PKK members,
Socialization.

1. INTRODUCTION

Socialization is an effort to socialize something so that it becomes known, understood, and lived by the community. Socialization is a process of learning the roles, statuses and values needed for participation in social institutions (Popyk, 2021). The socialization was carried out to POKJA III members of the PKK Movement Team in Purwakarta Regency. In the division of tasks, the POKJA III PKK Movement Team is engaged in managing food, clothing, housing, and household management programs. Digital media can have a good influence on life. However, problems that go hand in hand with digital media also arise. To provide solutions to problems that arise and increase the use of media in the digital era, digital literacy is an important component to convey. Digital literacy is an ability to understand and use information in a variety of formats and from a variety of sources presented through computers and internet networks (Lazonder *et al.*, 2020).

Nutrition can be learned through the internet, but understanding digital literacy must also be appropriate because it affects family resilience (Fox & Marinescu, 2020). Members can use the website to find out the nutritional composition in food that has been provided by the Indonesian Ministry of Health to assist in compiling a balanced healthy menu. It could be easier for members to compile a healthy menu by using digital media. A balanced menu is a menu consisting of a variety of foods in appropriate amounts and proportions, so as to meet nutritional needs for the maintenance and repair of cells in the body and life processes as well as growth and development (Gombart *et al.*, 2020). Preparing a balanced healthy menu is an activity to make a menu arrangement by taking into account the diversity of food ingredients, the benefits of food ingredients, sanitation hygiene, and the balance of nutrients.

There are previous research articles discussing digital literacy and compiling a balanced healthy menu. First article discussed about culture of digital media literacy in housewives that this study showed that before the socialization to mothers in the Maguwoharjo village environment they had not been able to sort and choose quality and impactful information positive for the family (Novianti & Fatolah, 2019). Second article about socialization of principles and messages of balanced nutrition as a substitute for the four healthy five perfect programs shows the activities in this research increase public knowledge about nutrition and messages about balanced nutrition (Ardiaria *et al.*, 2020). Third article discussed application of a balanced nutritional menu in daily food consumption shows provision of information regarding the composition of the menu provides benefits for housewives to apply the principle of balanced nutrition in their daily menu (Mazzù *et al.*, 2021).

The purpose of this research is to develop the ability of members to use digital literacy in compiling a balanced healthy menu so that it can assist members in finding information when compiling a balanced healthy menu. In the research that has been done previously to parents shows that digital literacy skills they are in the low category due to lack of ability in recognize and use technology (Maulid & Sakti, 2022). This is based on the ease of access to information through the internet which has a positive and negative impact simultaneously. The positive impact can be seen from the high accessibility of information that can be accessed anytime and anywhere. In addition, the development of digital media can be a place to practice expressing ideas and ideas with various widely and varied technologies available. The novelties of this research are (i) measuring member's knowledge of digital literacy and compiling a balanced healthy menu; (ii) increasing member's knowledge of digital literacy in compiling a balanced healthy menu; (iii) utilizing digital media in compiling a balanced healthy menu.

2. METHODS

The initial activity was carried out by giving a pre-test before socialization, then providing socialization materials about digital literacy and compiling a balanced healthy menu, and the last activity was given a post-test. The provision of socialization materials was given through the lecture method using the media zoom meeting and PowerPoint which are made interesting and informative. The activity of providing material is attended by the leader and 25 POKJA III members of the PKK Movement Team in Purwakarta City. To maximize knowledge about digital literacy and compiling a balanced healthy menu, the activity of providing material is carried out in two days. The first meeting in providing material discussed the meaning of digital literacy, the principles of digital literacy, problems in digital media and how to be wise in using digital media. The second meeting in providing material discussed balanced nutrition guidelines, the contents of my plate, the food triangle, meaning of compiling a balanced healthy menu to how to use digital literacy in compiling a balanced healthy menu.

The evaluation stage is carried out by the method giving a pre-test and post-test before and after the activity of giving the material. The pre-test and post-test are 10 questions in the form of multiple choices. The questions given in the pre-test are the same as the post-test. The sustainability of this activity is carried out by sharing images uploaded on social media, such as Instagram. This case did strengthen the understanding by members of material that has been given.

3. RESULTS AND DISCUSSION

Members fill in the pre-test and post-test that are given before and after conducted material. The pre-test and post-test were purposed to determine the basic knowledge of members regarding digital literacy and compile a balanced healthy menu as well as assess the effectiveness of the socialization that has been carried out. A test is carried out because it has an important role in providing material, the test is used as a measuring tool to measure and assess the success of members, as well as analyze the test results that can be obtained as an illustration of quality. The results of the test will help members develop previous knowledge with new information so that there is an increase in members' cognitive abilities into new material (Nuraeny, 2018). **Table 1** shows the comparison of the results of the pre-test and post-test given to members.

Questions numbered 1 to 4 are about digital literacy, while numbers 5 to 10 are about compiling a balanced healthy menu. The questions given are in the form of a multiple-choice test regarding digital literacy and compile a balanced healthy menu consisting of 10 questions with three answer choices in each question. The results of this research based on **Table 1** regarding digital literacy in compiling a balanced healthy menu showed an increase after being given the material. In questions number 2, 4, 6, 7, 9, and 10 the post-test results have high increased compared to the pre-test results based on the percentage of members who answered correctly. In question number 2 shows an increase 64% of the members answered the questions correctly. In question number 4 shows an increase 62.7% of the members answered the questions correctly. In question number 6 shows an increase 36% of the members answered the questions correctly. In question number 7 shows an increase 32% of the members answered correctly. In question number 9 shows an increase 36% of the members answered correctly. In question number 10 shows an increase 56% of the members answered correctly.

Table 1. Results of member's pre-test and post-test.

| No | Questions | Pre-Test | Post-Test |
|----|---|----------|-----------|
| 1 | According to Elizabeth Sulzby "1986", the language ability possessed by a person in communicating "reading, speaking, listening and writing", is an understanding of... | 88% | 96% |
| 2 | The following are the basic principles of digital literacy, except... | 16% | 80% |
| 3 | Which steps to take before spreading news or information on social media? | 68% | 80% |
| 4 | What is a crime on social media by spreading news that cannot be justified? | 33.3% | 96% |
| 5 | In 1952-1955, the slogan "4 healthy 5 perfect". In 1955, the concept of... | 84% | 88% |
| 6 | One of the principles of balanced nutrition is, except... | 56% | 92% |
| 7 | What type of food is on the first level in the tumpeng/food triangle? | 60% | 92% |
| 8 | Which is included in the technique of preparing a balanced healthy menu, except... | 100% | 100% |
| 9 | Protein foods (vegetable and animal) should be consumed...portions in a day | 40% | 76% |
| 10 | The recommendation to drink water is...in a day | 44% | 100% |

For questions 1, 3, and 5 the post-test results have an increase and a low difference with pre-test results based on the percentage of members who answered correctly. This means that some members have knowledge in some materials about digital literacy in compiling a balanced healthy menu before socialization. In question number 1 shows an increase 8% of the members answered correctly. In question number 3 shows an increase 12% of the members answered correctly. In question number 5 shows an increase 4% of the members answered correctly. For question number 8 the results do not have a difference between pre-test and post-test results because all members gave the correct answer before the socialization and after the socialization was carried out.

By comparing the results of the pre-test and post-test given to members, it can be seen the difference in the percentages obtained before and after giving the material in the socialization through increasing members in answering questions correctly. Based on the results in **Table 1** this research prove that the socialization provides an increase in member's knowledge about digital literacy in compiling a balanced healthy menu due to an increase point in the post-test after the socialization activity is given. In measuring someone's

knowledge, it can be done using an instrument in the form of multiple-choice test questions, based on a very good test form to determine the impact of socialization interventions related to changes in someone's knowledge (Nuraeny, 2018). The socialization that is carried out is one of the media for providing information using audio or verbal and visual aids, because in absorbing information by respondents it can provide higher effectiveness than just verbal or visual alone, and the effect is to increase the memory of the information received and can last longer.

In addition to obtaining information verbally and visually, to support material strengthening and the application of digital literacy principles, an Instagram account was created as a medium for distributing posters after the material giving activity ended. Posters in the form are about pictures and explanations of digital literacy materials in compiling a balanced healthy menu. The distribution of posters through Instagram was carried out for two weeks with a total of 8 posters being uploaded. Members can storage the information so that it is hoped that the information can be read and remembered and can finally be implemented in everyday life.

4. CONCLUSION

This research is about the socialization of digital literacy in compiling a balanced healthy menu using lecture with question and answer methods through a zoom meeting and media PowerPoint with 25 members of the POKJA III PKK Movement Team in Purwakarta Regency. Material reinforcement is given by distributing posters uploaded on social media such as Instagram. The understanding of members in the process of providing the material is evaluated in the form of a pre-test and post-test with 10 questions. The zoom meeting was held in two days to maximize the provision of material of digital literacy and compile a balanced healthy menu. The results of comparing the results of the pre-test and post-test can be seen that the average value of the members experienced a significant increase from most of the members after participating in the socialization activities.

5. ACKNOWLEDGMENT

The author would like to thank the members of POKJA III members of the PKK Movement Team in Purwakarta Regency, LPPM UPI, KJP UPI and to the supervisor KKN who has guided in completing this paper.

6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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