

BOARD GAME DESIGN AS AN EDUCATIONAL MEDIA OF HEALTHY LIFESTYLE FOR CHILDREN

Childhood is a period in which the process of growth and development in the body in various aspects, which one of them is an aspect in social interaction. Social interaction using the use of technology can be done easily using gadgets, regardless of space and time. However, the lack of control over the use of gadgets, can make children addicted and give some negative effects, including the loss of the desire to get social interactions directly, which it can affect their psychological side. Besides that gadget addiction can adversely affect their healthy lifestyle. The data that will be used consist of primary data sources (observation and interviews) and secondary data sources (literature study). The data will be processed using an analysis method of comparison matrix of visual. Based on the analysis, an interesting board game should be supported with good mechanism and good visualization.

In order to grow up properly, a healthy lifestyle needs to be implemented since childhood. The solution of the problem can be achieved by designing an educative game board. The elements of board game such as rules, goals, issues, players, procedures, resources, boundaries and outcomes, children can practice their psychomotoric, emotional, moral, cognitive, language and art aspects in a fun way.

The design aimed for children ages 7 to 13 years old. With the design of this board game, children are expected to obtain sufficient social interaction. The selection of health themes aims to enable children to adopt a healthy lifestyle in their daily lives, so that the process of growth and development in children becomes supported.

Keywords : Design, board game, healthy lifestyle, children