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The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)

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Lina Handayani, Mita Rizky

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2. Manuskrip yang *disubmit* (5 April 2024)

**EFEKTIVITAS *POCKET BOOK* DALAM PENINGKATAN PENGETAHUAN DAN SIKAP PADA IBU SEBAGAI UPAYA MENCEGAH *STUNTING* DI WILAYAH KERJA PUSKESMAS PAKEM SLEMAN
(STUDI PADA IBU DENGAN BAYI USIA 0-23 BULAN)***The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)***Lina Handayani ^{1*}, Mita Rizky ²**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia* Koresponden Penulis: 30mitarizky@gmail.com**Abstrak**

Pendahuluan: *Stunting* merupakan gangguan pertumbuhan yang disebabkan oleh gizi buruk, infeksi berulang, dan dorongan psikososial yang kurang sehingga tinggi badan tidak ideal. Menurut WHO (2022), Indonesia menjadi negara Asia Tenggara dengan prevalensi tertinggi sebesar 31.0%. Kasus *stunting* tertinggi di Kabupaten Sleman tahun 2022 di wilayah kerja Puskesmas Pakem sebesar 25,5% per 1000 balita. Pengetahuan dan sikap Ibu berpengaruh terhadap pencegahan *stunting*, namun belum pernah dilakukan pengukuran terhadap kedua hal tersebut oleh Puskesmas Pakem. Media promosi kesehatan untuk pencegahan *stunting* oleh Puskesmas masih terbatas berupa *leaflet* yang hanya berisi materi tentang gizi untuk anak usia 0 – 24 bulan sedangkan buku saku dalam penelitian ini berisi tentang gizi untuk bayi, Ibu menyusui, dan Ibu hamil.

Tujuan: Penelitian ini untuk mengetahui pengaruh media *pocket book* terhadap peningkatan pengetahuan dan sikap Ibu untuk mencegah *stunting* di wilayah kerja Puskesmas Pakem Sleman.

Metode: *Desain penelitian Quasi Experiment* yang menggunakan rancangan *one group pretest-posttest* dengan jarak *post-test* selama tujuh hari dari waktu berakhirnya intervensi. Sampel berjumlah 98 ibu yang memiliki anak berusia 0-23 bulan (bawah dua tahun/baduta) yang diperoleh dengan *cluster sampling*. Alat yang digunakan yaitu *pocket book* dengan judul "Indonesia Sehat Bebas Stunting" dan kuesioner.

Hasil: Terdapat peningkatan rerata pengetahuan dan sikap ibu setelah diberikan intervensi dengan media *pocket book* yaitu rerata pengetahuan dari 12,95 menjadi 14,01; dan rerata sikap dari 92,24 menjadi 95,88, serta jumlah Ibu yang mengalami peningkatan pengetahuan yaitu 51 Ibu menjadi 55 Ibu dan sikap yaitu 67 Ibu menjadi 71 Ibu. Hasil uji *Wilcoxon* memperoleh sig. <0,001 pada pengetahuan dan sikap Ibu.

Kesimpulan: Media *pocket book* efektif dalam meningkatkan pengetahuan dan sikap ibu.

Kata Kunci: Baduta, *Pocket Book*, Pengetahuan, Sikap, *Stunting*.

ABSTRACT

Introduction: *Stunting* is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest *stunting* cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mother's knowledge and attitudes influence the prevention of *stunting*, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing *stunting* by Community Health Centers is still limited in the form of *leaflets* which only contain material about nutrition for children aged 0 - 24 months, while the *pocket book* in this study contains nutrition for babies, breastfeeding mothers and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design using a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media which is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler, Pocket Book, Knowledge, Attitude, Stunting.

PENDAHULUAN

Stunting atau perawakan pendek (*shortness*) adalah masalah gangguan pada pertumbuhan anak yang bisa disebabkan karena gizi buruk, infeksi berulang dan dorongan psikososial yang tidak mencukupi, sehingga tinggi badannya tidak ideal dan tidak seperti umur seusianya. Kejadian ini dapat ditemukan dengan melakukan perhitungan skor Z-indeks tinggi badan menurut umur (TB/U). Jika skor Z-indeks TB/U di bawah -2 SD (standar deviasi) maka seseorang dapat dikatakan stunting. Asupan gizi yang kurang juga dapat menjadi pemicu kejadian stunting pada anak dilihat dari sudut pandang kuantitas dan kualitas, tinggi tingkat morbiditas atau gabungan dari keduanya. Kondisi seperti ini biasanya banyak ditemui di negara yang kondisi ekonomi rendah (1).

Menurut WHO tentang prevalensi anak balita pendek diketahui bahwa wilayah benua yang mempunyai kasus *stunting* paling tinggi di dunia adalah *Africa* sebanyak 56,2 juta anak dengan persentase 31.0% dan *South-East Asia* sebanyak 49,8 juta anak dengan persentase 30.10% (2). Indonesia menjadi negara dengan prevalensi *stunting* tertinggi di *South-East Asia* selain Timor Leste, Bangladesh, dan India yaitu sebanyak 31.0% (3). *Stunting* adalah permasalahan serius yang harus segera diatasi, jika dibiarkan secara terus-menerus selain mempengaruhi pertumbuhan fisik anak, *stunting* akan mengganggu kognitif anak sehingga mempengaruhi produktivitas dan kepintaran anak di masa depan. Akibat buruk lainnya *stunting* akan menurunkan kesehatan reproduksi serta meningkatkan risiko terjadinya obesitas. Sehingga jika kondisi ini dibiarkan saja, maka akan mempengaruhi SDM di masa yang akan datang (4).

Diketahui dalam buku Hasil Survei Status Gizi Indonesia pada Tahun 2022 (SSGI) prevalensi *stunting* di Indonesia tercatat sebesar 21,6%, angka tersebut mengalami penurunan dari tahun sebelumnya yaitu sebesar 24,4%. Walaupun terjadi penurunan, angka tersebut masih belum memenuhi target penurunan angka *stunting* di Indonesia pada tahun 2024 yaitu menjadi 14% untuk memenuhi standar WHO yang kurang dari 20% (5). Provinsi Nusa Tenggara Timur adalah Provinsi dengan angka *stunting* paling tinggi di Indonesia yaitu 35,3% sedangkan Bali menjadi Provinsi dengan angka prevalensi *stunting* terendah yaitu 8.0% (5).

Hasil observasi dan wawancara pada bulan Juni tahun 2023 di Dinas Kesehatan Kabupaten Sleman diketahui bahwa persentase kasus *stunting* tertinggi yaitu di Puskesmas Pakem dengan persentase sebesar 25,5% dalam 1000 penduduk balita pada tahun 2022. Puskesmas Pakem memiliki 5 kalurahan yaitu Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, dan Hargo Binangun. Data yang telah didapatkan dari Puskesmas Pakem, Desa Purwo Binangun memiliki kasus *stunting* paling tinggi sebanyak 68 balita sedangkan Desa yang terendah yaitu Desa Harjo Binangun dengan kasus *stunting* sebanyak 28 balita.

Hasil observasi dan wawancara yang dilakukan oleh tenaga gizi di Puskesmas Pakem Sleman diketahui bahwa terdapat 66 bayi dengan usia 0 – 23 bulan yang terkena stunting. Terdapat faktor determinan yang mempengaruhi tinggi nya kasus stunting di Puskesmas Pakem yaitu KEK, bayi kecil, TB, dan kebiasaan merokok. Strategi yang sudah dilaksanakan oleh puskesmas untuk mencegah *stunting* pada bayi yaitu melakukan konseling terkait ASI Eksklusif, pemberian imunisasi, konseling persiapan sebelum MP-ASI, pelatihan kader posyandu untuk menjadi konselor bagi bayi 1000 HPK dan sebelum MP-ASI, serta dilakukannya pemantauan pertumbuhan bayi. Dari semua upaya tersebut, Puskesmas belum melakukan pengukuran pengetahuan dan sikap ibu tentang pencegahan stunting.

Diketahui bahwa media promosi kesehatan yang digunakan Puskesmas Pakem untuk penyuluhan pencegahan stunting hanya berupa *leaflet* yang hanya menjelaskan gizi seimbang pada balita 0 – 24 bulan. Sedangkan buku saku yang digunakan berjudul "Indonesia Sehat Bebas *Stunting*" yang di adopsi dari Kemenkes RI. Buku ini dipilih karena buku ini berisi informasi mengenai *stunting* dan upaya preventif *stunting* dilengkapi dengan gizi untuk bayi, Ibu menyusui, dan Ibu hamil, selain itu buku saku juga mudah dipergunakan dan mudah dibawa karena ukurannya yang tidak sebesar buku pada umumnya, sehingga bisa dibawa ke mana saja dan dibaca oleh siapa saja, serta dapat dijadikan acuan dalam mencegah *stunting*. Menurut Kamus Besar Bahasa Indonesia, buku saku dalam pendidikan kesehatan merupakan salah satu penunjang yang lebih mudah digunakan karena berisi informasi berupa tulisan maupun gambar, yang isi yang lebih rinci dibandingkan dengan *leaflet* dan tidak mudah rusak (6)

Kurangnya pemahaman ibu tentang kesehatan baik itu gizi saat sebelum masa kehamilan hingga saat masa kehamilan serta asupan nutrisi pada balita dapat menjadi penyebab tinggi nya angka *stunting*. Tingkat pengetahuan ibu menjadi kunci bagi pengelolaan rumah tangga, sehingga akan mempengaruhi sikap ibu terhadap pola asuh dalam menjaga anaknya dan pemilihan bahan makanan yang layak di konsumsi dan banyak mengandung gizi yang baik untuk anak (7). Jika pengetahuan ibu baik maka ibu akan mempraktekannya dalam kehidupan sehari-hari seperti saat pemberian makanan dan kualitas pola asuh yang baik. Sehingga dapat berpotensi mencegah terjadinya *stunting* pada anak (8). Dengan adanya multi faktor yang sangat beragam maka dibutuhkan intervensi yang membantu Ibu untuk mencegah *stunting* pada 1000 HPK (Hari Pertama Kehidupan) anak.

Menurut teori Lawrence Green perilaku kesehatan seseorang dapat dipengaruhi oleh faktor individu maupun lingkungan, dan karena itu terdapat 2 bagian utama yang berbeda. Bagian pertama adalah PRECEDE dan bagian kedua adalah PROCEED. Selanjutnya, dalam teori ini disebutkan bahwa dua faktor mempengaruhi kesehatan seseorang yaitu faktor perilaku dan faktor diluar perilaku. Faktor perilaku dipengaruhi oleh tiga faktor yakni; faktor predisposisi, faktor pendukung, dan faktor pendorong. Faktor predisposisi dapat berupa pengetahuan, perasaan, dan tindakan seseorang (9).

Promosi kesehatan dapat mencakup perubahan yang dapat merubah tindakan seseorang dan membantu mencapai tujuan yang diharapkan. Faktor predisposisi tersebut dapat ditingkatkan. Persepsi individu dalam memandang penyakit dipengaruhi oleh tindakan yang dilakukan seperti adanya penyuluhan kesehatan melalui media. Media yang dapat digunakan dalam penyuluhan kesehatan dapat menggunakan media power point, flip chart, media audiovisual, *leaflet*, buku saku dan media lainnya (10).

Penelitian ini menggunakan media promosi kesehatan yaitu buku saku dengan judul "Indonesia Sehat Bebas *Stunting*" yang di adopsi dari Kemenkes RI. Buku ini dipilih karena buku ini berisi informasi mengenai *stunting* dan upaya preventif *stunting* dilengkapi dengan gizi untuk bayi, Ibu menyusui, dan Ibu hamil, selain itu buku saku juga mudah dipergunakan dan mudah dibawa karena ukurannya yang tidak sebesar buku pada umumnya, sehingga bisa dibawa kemana saja dan dibaca oleh siapa saja, serta dapat dijadikan acuan dalam mencegah *stunting*. Menurut Kamus Besar Bahasa Indonesia, buku saku dalam pendidikan kesehatan merupakan salah satu penunjang yang lebih mudah digunakan karena berisi informasi berupa tulisan maupun gambar, yang isi yang lebih rinci dibandingkan dengan *leaflet* dan tidak mudah rusak (6).

Berdasarkan uraian permasalahan serta data yang telah didapatkan maka peneliti ingin mengetahui bagaimana pengaruh edukasi dengan media *pocket book* terhadap pengetahuan dan sikap Ibu balita untuk mencegah *stunting* pada anak di wilayah kerja Puskesmas Pakem Sleman.

METODE

Jenis Penelitian

Jenis penelitian ini adalah *Quasi Experiment* yang menggunakan rancangan *one group pretest-posttest*, yang berarti satu pengukuran dilakukan sebelum perlakuan (*pre-test*) dan satu pengukuran lagi (*post-test*) dilakukan setelah perlakuan.

Lokasi dan Waktu Penelitian

Lokasi pengambilan dilakukan di tiga Desa yaitu Desa Candi Binangun, Hargo Binangun, dan Purwo Binangun. Dari tiga desa tersebut, dipilih 8 padukuhan yang di ambil dari tiap desa yaitu Dusun Nepen, Sembung, Kemput, Wringin, Kadilobo, Ngipiksari, Kaliurang Timur, dan Kaliurang Barat yang dilaksanakan pada bulan Oktober – November 2023. Penelitian ini telah mendapatkan persetujuan etik dari Komite Etik Penelitian Universitas Ahmad Dahlan dengan Persetujuan Etik Nomor: 012311275.

Populasi dan Sampel

Populasi ibu yang mempunyai anak dengan usia 0-23 bulan di wilayah kerja Puskesmas Pakem adalah 770 baduta. Besar sampel dihitung menggunakan rumus Slovin maka diketahui dari 3 desa tersebut besar sampel yang

akan digunakan dalam penelitian ini sebesar 144 ibu. Teknik sampling pada penelitian ini menggunakan *cluster sampling* untuk menentukan jumlah orang oerdesa yang akan di jadikan sampel. Didapatkan hasil besar sampel per-cluster yaitu Candi Binangun sebanyak 25 orang, Hargo Binangun 48 orang, dan Purwo Binangun 25 orang dengan total 98 orang.

Alat dan Instrumen Penelitian

Instrumen yang digunakan dalam penelitian ini adalah lembar kuesioner *pre-test* dan *post-test* dengan alat penelitian menggunakan media buku saku yang berjudul "Indonesia Sehat Bebas *Stunting*" yang diterbitkan oleh Kemenkes RI. Kuesioner variabel pengetahuan memiliki 15 item pertanyaan dan variabel sikap 21 item pertanyaan yang digunakan setelah dilakukan uji validitas dan reliabilitas. Pengisian kuesioner dilakukan 2 kali yaitu saat sebelum diberikan intervensi menggunakan media *pocket book* (*pre-test*) dan saat sesudah diberikan intervensi dengan media *pocket book* (*post-test*).

Hasil Uji Validitas dan Reliabilitas

Hasil uji validitas dari variabel pengetahuan diketahui bahwa 10 dari 25 item dinyatakan tidak valid karena nilai r hitung $< r$ tabel. Pertanyaan yang tidak valid terdapat di item nomor 1,2, 5, 8, 10, 12, 14, 15, 17, dan 23. Pertanyaan yang tidak valid tidak akan digunakana dalam penelitian ini. Kemudian pada hasil uji reliabilitas kuesioner diketahui bahwa *Cronbach's alpha* variabel pengetahuan yaitu 0.740 maka 15 item yang valid dinyatakan reliabel karena *Cronbach's alpha* $>$ dari 0.6. Pada hasil uji validitas variabel sikap diketahui bahwa 21 item dinyatakan valid karena r hitung $> r$ tabel. Sedangkan 4 item lainnya yaitu pada nomor 4, 8, 20, dan 25 dinyatakan tidak valid. Item yang dinyatakan tidak valid tidak akan digunakan dalam penelitian ini. Sehingga tersisa 21 item yang valid dan dikatakan reliabel karena hasil *Cronbach's alpha* $>$ 0.6 yaitu sebesar 0.882.

HASIL

Karakteristik Responden

Pada penelitian ini ibu yang mempunyai bayi umur dua tahun (baduta) di wilayah kerja Puskesmas Pakem akan menjadi informan yang berjumlah 98 responden dengan karakteristik responden yaitu usia, Pendidikan, pekerjaan, dan pendapatan. Tabel 1 menyajikan distribusi frekuensi karakteristik responden.

Tabel 1. Karakteristik Responden Menurut Usia, Pendidikan, Pekerjaan, dan Pendapatan

Karakteristik	Kategori	f	%
Usia	Remaja Akhir (17-25)	56	57,14%
	Dewasa (26-45)	42	42,86%
	SD	0	0%
Pendidikan	SMP	13	13,27%
	SMA	67	68,37%
	D3	7	7,14%
	D4	2	2,04%
	S1	9	9,18%
Pekerjaan	IRT	66	67,35%
	Karyawan swasta	18	18,37%
	PNS	9	9,18%
	Wirausaha/Wiraswasta	5	5,10%
Pendapatan	$\leq$ UMK Sleman	56	57,14%
	$\geq$ UMK Sleman	42	42,86%

Sumber: Data Primer 2023

Tabel 1 menunjukkan bahwa usia ibu yang memiliki baduta paling banyak adalah remaja akhir dengan rentang usia 17-25 tahun sebanyak 56 orang (57,14%). Menurut pendidikan, mayoritas ibu memiliki tingkat pendidikan Sekolah Menengah Atas (SMA) yaitu sebanyak 67 orang (68,37%). Sedangkan tingkat pendidikan yang paling rendah adalah Sarjana Terapan atau D4 yaitu 2 orang. Berdasarkan pekerjaan, paling banyak pekerjaan ibu adalah IRT atau Ibu Rumah Tangga yaitu sebanyak 66 orang (67,35%). Dan berdasarkan pendapatan, sebanyak 56 orang (57,14%) berpenghasilan kurang dari UMK Sleman yaitu sebesar Rp. 2.315.976,39.

Analisis Univariat

Berdasarkan data yang telah diperoleh dari 98 responden untuk mengetahui tingkat pengetahuan dan sikap, didapatkan hasil analisis univariat pada Tabel 2 dan Tabel 3:

Tabel 2. Distribusi Frekuensi Tingkat Pengetahuan Responden

Variabel	Waktu Pengukuran	Kategori	Frekuensi (orang)	Persentase (%)
Pengetahuan	Pre-test	Baik	67	68,37%
		Tidak Baik	31	31,63%
	Post-test	Baik	71	72,45%
		Tidak Baik	27	27,55%

Pengambilan data pengetahuan dilakukan 2 kali yaitu saat sebelum diberikan media buku saku (*pre-test*) dan sesudah diberikan media buku saku (*post-test*). Pengetahuan Ibu Baduta tentang upaya pencegahan *stunting* dibagi menjadi 2 golongan yaitu baik dan tidak baik. Karena hasil uji normalitas menunjukkan bahwa data berdistribusi tidak normal maka *cut off point* yang dipakai adalah nilai median. Berdasarkan hasil penelitian pada Tabel 2 dapat diketahui bahwa tingkat pengetahuan yang baik mengenai upaya pencegahan *stunting* meningkat menjadi 71 orang dengan persentase 71,45%. Peningkatan pengetahuan dapat disebabkan karena responden telah membaca *pocket book* yang telah diberikan sehingga dapat menjawab pertanyaan tentang pengetahuan dengan benar.

Tabel 3. Distribusi Frekuensi Tingkat Sikap Responden

Variabel	Waktu Pengukuran	Kategori	Frekuensi (orang)	Persentase (%)
Sikap	Pre-test	Baik	51	52,04%
		Tidak Baik	47	47,96%
	Post-test	Baik	55	56,12%
		Tidak Baik	43	43,88%

Pengambilan data tentang sikap responden terhadap upaya pencegahan *stunting* dilakukan 2 kali yaitu saat sebelum dan sesudah diberikan media *pocket book* tentang pencegahan *stunting*. Pada Tabel 3 diketahui bahwa responden yang memiliki sikap baik bertambah setelah diberikan *pocket book* menjadi 55 orang dengan persentase 56,12%.

Analisis Bivariat

Analisis bivariat dilakukan untuk mengetahui hubungan antara 2 variabel yaitu efektivitas media yang digunakan terhadap pengetahuan dan sikap ibu dalam mencegah *stunting*. Uji yang dipakai adalah uji beda rata-rata satu sampel berpasangan. Karena data tidak berdistribusi normal, maka selanjutnya digunakan Uji *Wilcoxon Sign Rank* dengan nilai $P < 0,05$ maka dapat diartikan bahwa terdapat perbedaan pengetahuan dan sikap sebelum dan sesudah diberikan *pocket book*.

Perbedaan Rerata Pengetahuan Ibu Baduta Sebelum dan Sesudah diberikan Intervensi Menggunakan Media *Pocket Book*

Hasil rerata pengetahuan Ibu baduta tentang upaya pencegahan *stunting* sebelum diberikan intervensi dengan media *pocket book* adalah 12,95 sedangkan rerata pengetahuan Ibu baduta sesudah diberikan intervensi dengan media *pocket book* tentang upaya pencegahan *stunting* yaitu 14,01. Dari hasil tersebut menunjukkan bahwa terjadi peningkatan nilai atau pengetahuan Ibu dalam upaya pencegahan *stunting*. Tabel 4 Menyajikan rerata pengetahuan responden tentang upaya pencegahan *stunting* pada anak sebelum dan sesudah pemberian media *pocket book*.

Tabel 4. Rerata Pengetahuan Ibu Baduta Sebelum dan Sesudah diberikan Media Pocket Book

Pengetahuan	N	Min	Max	SD	Mean
<i>Pre-test</i>	98	9	15	1,365	12,95
<i>Post-test</i>	98	11	15	0,958	14,01

Berdasarkan metode dengan menggunakan Uji *Wilcoxon Signed Rank*, nilai-nilai yang didapatkan adalah: nilai mean rank dan sum of ranks dari kelompok negative ranks, positif ranks, dan ties. Negative ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih rendah dari nilai kelompok pertama (*pre-test*). Positif ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih tinggi dari nilai kelompok pertama (*pre-test*). Sedangkan tie adalah nilai kelompok kedua (*post-test*) sama besarnya dengan nilai kelompok pertama (*pre-test*). Simbol N menunjukkan jumlahnya, Mean Rank adalah peringkat rata-ratanya dan sum of ranks adalah jumlah dari peringkatnya (11). Tabel 5 menyajikan efektivitas media *pocket book* terhadap pengetahuan Ibu baduta tentang upaya pencegahan *stunting* pada anak.

Tabel 5. Efektivitas Media Pocket Book Terhadap Pengetahuan Ibu Baduta Tentang Upaya Pencegahan Stunting Pada Anak

	Pemberian Media pocket book	Mean Rank	Sum of Ranks	N	Hasil Uji Normalitas	Wilcoxon (sig)
Pengetahuan	Negative Ranks	18,50	55,50	3	< 0,001	< 0,001
	Positive Ranks	34,73	2222,50	64		
	Ties			31		
	Total			80		

Berdasarkan Tabel 5 didapatkan nilai positif ranks dengan jumlah responden 64 Ibu yang nilai *post-test* lebih besar dari pada nilai *pre-test* yaitu nilai mean rank 34,73 dan sum of rank 2222,50. Hasil uji *Wilcoxon* didapatkan nilai $P < 0,000$ ($P < 0,05$) sehingga dapat disimpulkan bahwa terdapat perbedaan rerata pengetahuan Ibu Baduta sebelum dan sesudah pemberian media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Perbedaan Rerata Sikap Ibu Baduta Sebelum dan Sesudah diberikan Intervensi Menggunakan Media Pocket Book

Perbedaan rerata sikap responden pada Tabel 6 menunjukkan bahwa hasil rerata sikap Ibu baduta sebelum diberikan intervensi dengan media *pocket book* adalah 92,24 sedangkan rerata sikap Ibu baduta sesudah diberikan intervensi dengan media *pocket book* meningkat menjadi 95,88. Hasil tersebut menunjukkan adanya peningkatan nilai atau sikap Ibu dalam upaya pencegahan *stunting* setelah diberikan intervensi menggunakan media *pocket book*. Tabel 16. Menyajikan rerata sikap responden tentang upaya pencegahan *stunting* pada anak sebelum dan sesudah pemberian media *pocket book*.

Tabel 6. Rerata Sikap Ibu Baduta Sebelum dan Sesudah diberikan Media Pocket Book

Sikap	N	Min	Max	SD	Mean
<i>Pre-test</i>	98	77	105	6,221	92,24
<i>Post-test</i>	98	84	105	5,481	95,88

Berdasarkan metode dengan menggunakan Uji *Wilcoxon Signed Rank*, nilai-nilai yang didapatkan adalah: nilai mean rank dan sum of ranks dari kelompok negative ranks, positif ranks, dan ties. Negative ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih rendah dari nilai kelompok pertama (*pre-test*). Positif ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih tinggi dari nilai kelompok pertama (*pre-test*). Sedangkan tie adalah nilai kelompok kedua (*post-test*) sama besarnya dengan nilai kelompok pertama (*pre-test*). Simbol N menunjukkan jumlahnya, Mean Rank adalah peringkat rata-ratanya dan sum of ranks adalah jumlah dari

peringkatnya (11). Tabel 7 menyajikan efektivitas media *pocket book* terhadap sikap ibu baduta tentang upaya pencegahan *stunting* pada anak.

Tabel 7. Efektivitas Media Pocket Book Terhadap Sikap Ibu Baduta Tentang Upaya Pencegahan Stunting Pada Anak

	Pemberian Media <i>pocket book</i>	Mean Rank	Sum of Rank	N	Hasil Uji Normalitas	Wilcoxon (sig)
Sikap	Negative Ranks	44,83	134,50	3		
	Positive Ranks	45,01	3870,50	86	< 0,001	< 0,001
	Ties			9		
	Total			98		

Berdasarkan Tabel 7 didapatkan nilai positif ranks dengan jumlah responden 64 Ibu yang nilai *post-test* lebih besar dari pada nilai *pre-test* yaitu nilai mean rank 44,83 dan sum of rank 3870,50. Hasil uji *Wilcoxon* didapatkan nilai $P = 0.000$ ($P < 0,05$) sehingga dapat disimpulkan bahwa terdapat perbedaan rerata sikap Ibu Baduta sebelum dan sesudah pemberian media *pocket book* tentang upaya pencegahan *stunting* pada anak.

PEMBAHASAN

Perbedaan Rerata Pengetahuan Sebelum dan Sesudah Pemberian Promosi Kesehatan Tentang Upaya Pencegahan *Stunting* dengan Media *Pocket Book*

Berdasarkan hasil penelitian pada Ibu baduta di wilayah kerja Puskesmas Pakem yaitu di Padukuhan Kaliurang Timur, Kaliurang Barat, Ngipiksari, Nepen, Kemput, Wringin, Sembung, dan Kadilobo didapatkan bahwa dari total responden sebanyak 98 orang, responden yang memiliki pengetahuan dengan kategori baik setelah diberikan intervensi dengan media *pocket book* yaitu sebanyak 71 orang (72.45%). Jumlah tersebut bertambah yang sebelumnya saat pelaksanaan *pre-test* hanya 67 orang (68.37%) yang memiliki pengetahuan dengan kategori baik. Perubahan juga terjadi pada rerata nilai ibu antara *pre-test* dan *post-test*. Saat *post-test* rerata pengetahuan ibu adalah 12.95 sedangkan setelah pelaksanaan *post-test* nilai rerata pengetahuan ibu meningkat menjadi 14.01. Dari hasil tersebut didapatkan bahwa nilai rerata ibu mengalami peningkatan setelah diberikan edukasi dengan media *pocket book* tentang upaya pencegahan *stunting*.

Peningkatan tersebut bisa terjadi karena sebelumnya ibu telah diberikan edukasi mengenai *stunting* dari buku tersebut dan telah membaca media buku saku yang diberikan sehingga ibu bisa menjawab soal *post-test* dengan baik. Sejalan dengan penelitian Lusiani et al (2021) yang menunjukkan terjadinya peningkatan pengetahuan ibu sebelum dan sesudah berikan intervensi pendidikan kesehatan dengan menggunakan media buku saku. Karena menurut Awaluddin (2017) pendidikan kesehatan dapat berpengaruh terhadap peningkatan pengetahuan seseorang. Media memiliki peran yang penting untuk meningkatkan pengetahuan pada ibu karena media memiliki fungsi sebagai alat peraga dalam menyampaikan pesan atau informasi tentang kesehatan sehingga lebih efektif untuk meningkatkan pengetahuan ibu mengenai *stunting* (14). orang tua khususnya ibu memiliki peran yang penting dan berpengaruh dalam pemenuhan gizi anak. Untuk mendapatkan gizi yang baik pada anak maka orang tua memerlukan pengetahuan yang baik. Ibu yang memiliki pengetahuan baik tentang *stunting* pasti akan membuat ibu untuk mengusahakan pencegahan secara optimal untuk anaknya agar tidak mengalami *stunting* (15).

Pengetahuan yang diukur dalam penelitian ini adalah penjelasan dan pengertian, gejala, dampak, pemicu, dan upaya pencegahan. Pengetahuan yang diukur dalam penelitian ini adalah penjelasan dan pengertian, gejala, dampak, pemicu, dan upaya pencegahan. Selaras dengan Lusiani et al (2021) yang berpendapat bahwa pengetahuan mengenai *stunting* yang dapat diukur dalam kuesioner penelitian adalah definisi, dampak, ciri-ciri, penyebab, upaya pencegahan dan faktor yang mempengaruhi terjadinya *stunting*. Pengetahuan memiliki keterkaitan dengan pendidikan, jika seseorang memiliki tingkat pendidikan yang tinggi maka pengetahuan yang dipunya akan semakin banyak dan luas (16). Namun, menurut Afwatunnati et al (2016) bukan berarti orang yang memiliki tingkat pendidikan rendah akan mempunyai pengetahuan yang sedikit. Pengetahuan akan bertambah bukan hanya melalui pendidikan formal

saja tetapi pengetahuan bisa didapatkan melalui pendidikan non-formal. Hasil penelitian ini mendapati bahwa mayoritas ibu mempunyai pengetahuan yang baik dan dapat dilihat juga bahwa pendidikan ibu yang paling banyak adalah SMA. Amri Yeni Putri et al., (2022) dalam penelitiannya menyatakan bahwa yang didapati adalah responden dengan tingkat pendidikan SMA paling banyak dengan pengetahuan pencegahan *stunting* yang baik.

Perbedaan Rerata Sikap Sebelum dan Sesudah Pemberian Promosi Kesehatan Tentang Upaya Pencegahan *Stunting* dengan Media *Pocket Book*

Berdasarkan hasil penelitian pada Ibu baduta di wilayah kerja Puskesmas Pakem yaitu di Padukuhan Kaliurang Timur, Kaliurang Barat, Ngipiksari, Nepen, Kemput, Wringin, Sembung, dan Kadilobo didapatkan bahwa dari total responden sebanyak 98 orang, ibu yang memiliki kategori sikap baik sebelum diberikan promosi kesehatan dengan media *pocket book* sebanyak 51 orang, jumlah tersebut meningkat setelah diberikan media *pocket book* menjadi 55 orang. Kemudian hasil rerata skor sikap ibu sebelum pemberian media *pocket book* yaitu sebesar 92.24 sedangkan setelah pemberian promosi kesehatan dengan media *pocket book* menjadi 95.88. Dari hasil tersebut dapat diketahui bahwa adanya peningkatan sikap ibu sesudah diberikan media *pocket book* dalam upaya pencegahan *stunting*.

Hasil tersebut sejalan dengan penelitian Raodah et al (2023) yang menunjukkan bahwa sikap responden mengalami peningkatan menjadi lebih baik sesudah pemberian promosi kesehatan dengan media buku saku. Sikap ibu yang menjadi lebih baik bisa disebabkan karena adanya tindakan kepada responden dengan memberikan pendidikan kesehatan dengan media buku saku. Notoatmodjo menjelaskan bahwa kemampuan kognitif atau pengetahuan seseorang mempunyai peran yang penting untuk mempengaruhi perilaku. Sikap dan perilaku yang baik dapat dibentuk melalui pengetahuan yang baik, sehingga untuk meningkatkannya bisa dengan cara yang tepat salah satunya dengan pendidikan kesehatan menggunakan media. Maka dari itu media dapat menjadi alternatif alat pendidikan kesehatan untuk menambah pengetahuan, salah satu media yang dapat digunakan untuk promosi kesehatan adalah buku saku (21). Sehingga pemberian pendidikan kesehatan dengan tujuan meningkatkan pengetahuan, sikap, serta tindakan bisa menjadi salah satu cara dalam upaya mencegah *stunting*.

Menurut teori Lawrence Green pada Notoatmodjo (2012) menyatakan sikap seseorang termasuk ke dalam faktor predisposisi yang dapat mempengaruhi perilaku kesehatannya. Dengan pengetahuan yang baik dan sikap yang positif maka akan terceminkan perilaku yang baik. Pada penelitian ini diketahui bahwa sikap ibu bisa menjadi salah satu faktor yang mempengaruhi terjadinya perilaku upaya pencegahan *stunting* pada anak. Melihat hasil skor ibu yang tidak jauh dari skor *pre-test* menunjukkan bahwa ibu sudah memiliki sikap yang baik sebelum diberikan pendidikan kesehatan. Namun setelah pemberian pendidikan kesehatan mengenai upaya pencegahan *stunting* pada anak skor sikap ibu bertambah, sehingga menandakan jika sikap ibu dalam menyikapi pencegahan *stunting* pada anaknya meningkat.

Sikap seseorang bisa menjadi faktor pendorong dalam mempengaruhi suatu perilaku. Sikap ibu memiliki kaitan yang erat dengan status gizi balitanya. Ibu memiliki peranan yang penting dalam memenuhi gizi balitanya, maka apabila seseorang mempunyai sikap yang negatif akan berpengaruh pada tindakan perilaku yang akan menjadi buruk sehingga menimbulkan masalah gizi pada anak.

Efektivitas Promosi Kesehatan dengan Media *Pocket Book* Tentang Upaya Pencegahan *Stunting* Terhadap Pengetahuan dan Sikap

Hasil uji statistik menggunakan uji *Wilcoxon Sign Rank* pada variabel pengetahuan didapatkan nilai Z sebesar - 6.932 dan nilai asymp sig. 0.000 ($p < 0.05$). Berdasarkan hasil tersebut menunjukkan bahwa terdapat perbedaan rerata pengetahuan sebelum dan sesudah diberikan media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Hasil uji statistik menggunakan uji *Wilcoxon Sign Rank* pada variabel sikap didapatkan nilai Z sebesar - 7.662 dan nilai asymp sig. 0.000 ($p < 0.05$). Berdasarkan hasil tersebut diketahui bahwa terdapat perbedaan rerata sikap sebelum dan sesudah diberikan media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Berdasarkan hasil uji statistik menggunakan *Wilcoxon* menunjukkan adanya pengaruh media *pocket book* tentang upaya pencegahan *stunting* pada anak terhadap pengetahuan dan sikap ibu, maka dapat disimpulkan bahwa

hipotesis diterima. Hal ini sejalan dengan penelitian Setiyaningsih et al (2022) terdapat pengaruh pendidikan kesehatan dengan media buku saku terhadap pengetahuan ibu. Setelah diberikan intervensi pendidikan kesehatan dengan media buku saku terjadi peningkatan pengetahuan ibu menjadi kategori baik.

Penelitian ini menggunakan media buku saku yang berasal dari Kemenkes RI dengan berjudul "Indonesia Sehat Bebas *Stunting*". Media buku saku dipilih karena dapat memuat informasi yang lebih banyak sehingga dapat menyebarkan informasi dengan waktu yang relative singkat dan bisa dibawa kemana saja setelah diberikan saat pelaksanaan promosi kesehatan dengan begitu ibu bisa membaca kembali buku saku tersebut, sehingga dapat meningkatkan pengetahuan dan sikap ibu dalam upaya mencegah *stunting*.

Menurut Taamu et al (2020) materi cetak berada di posisi penting dalam promosi kesehatan karena bisa menyampaikan informasi yang lugas sehingga bisa dibawa kemana saja untuk dibaca kembali. DepKes RI dalam penelitian Kumalasari (2015) menyatakan bahwa untuk memperkuat informasi yang diberikan makan materi yang disampaikan harus ampuh atau efektif baik secara lisan maupun menggunakan media saat penyampaian materi. Pendidikan kesehatan menggunakan buku saku tergolong dalam pendidikan kesehatan berdasarkan indera penerima yaitu metode melihat sehingga pesan akan diterima oleh sasaran melalui indera penglihatan sehingga pesan yang disampaikan bisa terserap 83% dan diingat sebanyak 30%.

Teori yang memiliki keterkaitan dengan pencegahan suatu penyakit dikenal dengan teori *five level prevetion* dari Leavel dan Clark pada buku Wijayanti et al (2023) preventif merupakan usaha pelayanan yang luas, maka dalam upaya layanannya dibagi menjadi lima yaitu; Level 1 peningkatan kesehatan (*health promotion*), Level 2 pencegahan umum dan khusus (*general dan specific prevention*), Level 3 peneggakan diagnosa secara dini dan pengobatan yang cepat dan tepat (*early diagnosis and prompt treatment*), Level 4 pembatasan kecacatam (*disability limitation*), dan Level 5 pemulihan kesehatan (*rehabilitation*).

Penelitian ini sejalan dengan teori *five level prevention* pada level 1 yaitu promosi kesehatan (*health promotion*). Upaya yang dilakukan pada level 1 adalah upaya promotif yang difokuskan agar tidak mengalami atau menderita suatu penyakit. Pencegahan yang dilakukan dalam penelitian ini melalui promosi kesehatan yang memiliki tujuan untuk meningkatkan pengetahuan dan sikap ibu baduta berkenaan dengan upaya ibu mencegah *stunting* pada anaknya. Promosi kesehatan yang dilangsungkan diharapkan dapat meningkatkan pengetahuan dan sikap ibu menggunakan media buku saku. Pendidikan kesehatan jika dilaksanakan sesuai target dan media yang sesuai maka akan berdampak pada pencegahan secara menyeluruh dan dapat meningkatkan pengetahuan serta sikap ibu terhadap kesehatan juga dapat meningkatkan derajat kesehatan masyarakat (26).

KESIMPULAN

Jumlah ibu yang memiliki tingkat pengetahuan dan sikap yang baik bertambah setelah diberikan intervensi dengan melakukan promosi kesehatan menggunakan media *pocket book*. Jumlah Ibu yang memiliki pengetahuan baik sebanyak 71 Ibu dan jumlah Ibu yang memiliki sikap baik sebanyak 55 Ibu setelah diberikan intervensi dari total responden 98 Ibu. Untuk rerata skor pengetahuan yaitu sebesar 12,94 menjadi 14,01 setelah diberikan intervensi dan rerata skor sikap sebesar 92,24 menjadi 95,88 setelah diberikan intervensi menggunakan media *pocket book*. Pada hasil uji statistik Wilcoxon didapatkan hasil sig 0,000 pada variabel pengetahuan dan sikap ibu, sehingga dapat disimpulkan bahwa terdapat pengaruh media *pocket book* dalam meningkatkan pengetahuan dan sikap ibu.

SARAN

Penulis menyarankan petugas Promosi Kesehatan memberikan penyuluhan dengan media *pocket book* dari Kemenkes RI yang digunakan dalam penelitian ini karena media ini efektif dalam meningkatkan pengetahuan dan sikap Ibu. Peneliti selanjutnya dapat menggunakan media yang sama namun ditempat yang berbeda untuk mengetahui efektivitas media *pocket book* di tempat lain.

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3. Email pemberitahuan hasil penyaringan awal editorial (*Editorial decision: Revisions Required*)

(29 April 2024)

[MPPKI] Editor Decision

Dr. Ahmad Yani, S.K.M, M.Kes <jurnal@unismuhpalu.ac.id>

Mon, Apr 29, 2024 at 6:17 AM

To: Mita Rizky <30mitarizky@gmail.com>, Lina Handayani <lina.handayani@ikm.uad.ac.id>

Mita Rizky, Lina Handayani:

We have reached a decision regarding your submission to Media Publikasi Promosi Kesehatan Indonesia (MPPKI), "Efektivitas Pocket Book dalam Peningkatan Pengetahuan dan Sikap Pada Ibu Sebagai Upaya Mencegah Stunting di Wilayah Kerja Puskesmas Pakem Sleman: Studi Pada Ibu dengan Bayi Usia 0-23 Bulan".

Our decision is: Revisions Required

Please follow the format (template) of this journal properly and correctly, and please translate this article into English.

Recommendation: Revisions Required

Reviewer A:

Please follow the format (template) of this journal properly and correctly, and please translate this article into English.

Recommendation: Revisions Required

MPPKI (Media Publikasi Promosi Kesehatan Indonesia): The Indonesian Journal of Health Promotion <http://jurnal.unismuhpalu.ac.id/index.php/MPPKI>

**B-EFEKTIVITAS POCKET BOOK DALAM PENINGKATAN PENGETAHUAN DAN SIKAP PADA IBU SEBAGAI UPAYA MENCEGAH STUNTING DI WILAYAH KERJA .docx**

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4. Dokumen permintaan revisi dari *Reviewer A*
(29 April 2024)

EFEKTIVITAS *POCKET BOOK* DALAM PENINGKATAN PENGETAHUAN DAN SIKAP PADA IBU SEBAGAI UPAYA MENCEGAH *STUNTING* DI WILAYAH KERJA PUSKESMAS PAKEM SLEMAN (STUDI PADA IBU DENGAN BAYI USIA 0-23 BULAN)*The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)***Lina Handayani ^{1*}, Mita Rizky ²**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia* Koresponden Penulis: 30mitarizky@gmail.com**Abstrak**

Pendahuluan: *Stunting* merupakan gangguan pertumbuhan yang disebabkan oleh gizi buruk, infeksi berulang, dan dorongan psikososial yang kurang sehingga tinggi badan tidak ideal. Menurut WHO (2022), Indonesia menjadi negara Asia Tenggara dengan prevalensi tertinggi sebesar 31.0%. Kasus *stunting* tertinggi di Kabupaten Sleman tahun 2022 di wilayah kerja Puskesmas Pakem sebesar 25,5% per 1000 balita. Pengetahuan dan sikap Ibu berpengaruh terhadap pencegahan *stunting*, namun belum pernah dilakukan pengukuran terhadap kedua hal tersebut oleh Puskesmas Pakem. Media promosi kesehatan untuk pencegahan *stunting* oleh Puskesmas masih terbatas berupa *leaflet* yang hanya berisi materi tentang gizi untuk anak usia 0 – 24 bulan sedangkan buku saku dalam penelitian ini berisi tentang gizi untuk bayi, Ibu menyusui, dan Ibu hamil.

Tujuan: Penelitian ini untuk mengetahui pengaruh media *pocket book* terhadap peningkatan pengetahuan dan sikap Ibu untuk mencegah *stunting* di wilayah kerja Puskesmas Pakem Sleman.

Metode: *Desain penelitian Quasi Experiment* yang menggunakan rancangan *one group pretest-posttest* dengan jarak *post-test* selama tujuh hari dari waktu berakhirnya intervensi. Sampel berjumlah 98 ibu yang memiliki anak berusia 0-23 bulan (bawah dua tahun/baduta) yang diperoleh dengan *cluster sampling*. Alat yang digunakan yaitu *pocket book* dengan judul "Indonesia Sehat Bebas Stunting" dan kuesioner.

Hasil: Terdapat peningkatan rerata pengetahuan dan sikap ibu setelah diberikan intervensi dengan media *pocket book* yaitu rerata pengetahuan dari 12,95 menjadi 14,01; dan rerata sikap dari 92,24 menjadi 95,88, serta jumlah Ibu yang mengalami peningkatan pengetahuan yaitu 51 Ibu menjadi 55 Ibu dan sikap yaitu 67 Ibu menjadi 71 Ibu. Hasil uji *Wilcoxon* memperoleh sig. <0,001 pada pengetahuan dan sikap Ibu.

Kesimpulan: Media *pocket book* efektif dalam meningkatkan pengetahuan dan sikap ibu.

Kata Kunci: Baduta, *Pocket Book*, Pengetahuan, Sikap, *Stunting*.

ABSTRACT

Introduction: *Stunting* is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest *stunting* cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mother's knowledge and attitudes influence the prevention of *stunting*, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing *stunting* by Community Health Centers is still limited in the form of *leaflets* which only contain material about nutrition for children aged 0 - 24 months, while the *pocket book* in this study contains nutrition for babies, breastfeeding mothers and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design using a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media which is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler, Pocket Book, Knowledge, Attitude, Stunting.

PENDAHULUAN

Stunting atau perawakan pendek (*shortness*) adalah masalah gangguan pada pertumbuhan anak yang bisa disebabkan karena gizi buruk, infeksi berulang dan dorongan psikososial yang tidak mencukupi, sehingga tinggi badan nya tidak idal dan tidak seperti umur seusianya. Kejadian ini dapat ditemukan dengan melakukan perhitungan skor Z-indeks tinggi badan menurut umur (TB/U). Jika skor Z-indeks TB/U di bawah -2 SD (standar deviasi) maka seseorang dapat dikatakan stunting. Asupan gizi yang kurang juga dapat menjadi pemicu kejadian stunting pada anak dilihat dari sudut pandang kuantitas dan kualitas, tinggi tingkat morbiditas atau gabungan dari keduanya. Kondisi seperti ini biasanya banyak ditemui di negara yang kondisi ekonomi rendah (1).

Menurut WHO tentang prevalensi anak balita pendek diketahui bahwa wilayah benua yang mempunyai kasus *stunting* paling tinggi di dunia adalah *Africa* sebanyak 56,2 juta anak dengan prersentase 31.0% dan *South-East Asia* sebanyak 49,8 juta anak dengan persentase 30.10% (2). Indonesia menjadi negara dengan prevalensi *stunting* tertinggi di *South-East Asia* selain Timor Leste, Bangladesh, dan India yaitu sebanyak 31.0% (3). *Stunting* adalah permasalahan serius yang harus segera diatasi, jika dibiarkan secara terus-menerus selain mempengaruhi pertumbuhan fisik anak, *stunting* akan mengganggu kognitif anak sehingga mempengaruhi produktivitas dan kepintaran anak di masa depan. Akibat buruk lainnya *stunting* akan menurunkan kesehatan reproduksi serta meningkatkan risiko terjadinya obesitas. Sehingga jika kondisi ini dibiarkan saja, maka akan mempengaruhi SDM di masa yang akan datang (4).

Diketahui dalam buku Hasil Survei Status Gizi Indonesia pada Tahun 2022 (SSGI) prevalensi *stunting* di Indonesia tercatat sebesar 21,6%, angka tersebut mengalami penurunan dari tahun sebelumnya yaitu sebesar 24,4%. Walaupun terjadi penurunan, angka tersebut masih belum memenuhi target penurunan angka *stunting* di Indonesia pada tahun 2024 yaitu menjadi 14% untuk memenuhi standar WHO yang kurang dari 20% (5). Provinsi Nusa Tenggara Timur adalah Provinsi dengan angkka *stunting* paling tinggi di Indonesia yaitu 35,3% sedangkan Bali menjadi Provinsi dengan angkka prevalensi *stunting* terendah yaitu 8.0% (5).

Hasil observasi dan wawancara pada bulan Juni tahun 2023 di Dinas Kesehatan Kabupaten Sleman diketahui bahwa persentase kasus *stunting* tertinggi yaitu di Puskesmas Pakem dengan persentase sebesar 25,5% dalam 1000 penduduk balita pada tahun 2022. Puskesmas Pakem memiliki 5 kalurahan yaitu Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, dan Hargo Binangun. Data yang telah didapatkan dari Puskesmas Pakem, Desa Purwo Binangun memiliki kasus *stunting* paling tinggi sebanyak 68 balita sedangkan Desa yang terendah yaitu Desa Harjo Binangun dengan kasus *stunting* sebanyak 28 balita.

Hasil observasi dan wawancara yang dilakukan oleh tenaga gizi di Puskesmas Pakem Sleman diketahui bahwa terdapat 66 bayi dengan usia 0 – 23 bulan yang terkena stunting. Terdapat faktor determinan yang mempengaruhi tinggi nya kasus stunting di Puskesmas Pakem yaitu KEK, bayi kecil, TB, dan kebiasaan merokok. strategi yang sudah dilaksanakan oleh puskesmas untuk mencegah *stunting* pada bayi yaitu melakukan konseling terkait ASI Eksklusif, pemberian imunisasi, konseling persiapan sebelum MP-ASI, pelatihan kader posyandu untuk menjadi konselor bagi bayi 1000 HPK dan sebelum MP-ASI, serta dilakukannya pemantauan pertumbuhan bayi. Dari semua upaya tersebut, Puskesmas belum melakukan pengukuran pengetahuan dan sikap ibu tentang pencegahan stunting.

Diketahui bahwa media promosi kesehatan yang digunakan Puskesmas Pakem untuk penyuluhan pencegahan stunting hanya berupa *leaflet* yang hanya menjelaskan gizi seimbang pada balita 0 – 24 bulan. Sedangkan buku saku yang digunakan berjudul "Indonesia Sehat Bebas *Stunting*" yang di adopsi dari Kemenkes RI. Buku ini dipilih karena buku ini berisi informasi mengenai *stunting* dan upaya preventif *stunting* dilengkapi dengan gizi untuk bayi, Ibu menyusui, dan Ibu hamil, selain itu buku saku juga mudah dipergunakan dan mudah dibawa karena ukurannya yang tidak sebesar buku pada umumnya, sehingga bisa dibawa ke mana saja dan dibaca oleh siapa saja, serta dapat dijadikan acuan dalam mencegah *stunting*. Menurut Kamus Besar Bahasa Indonesia, buku saku dalam pendidikan kesehatan merupakan salah satu penunjang yang lebih mudah digunakan karena berisi informasi berupa tulisan maupun gambar, yang isi yang lebih rinci dibandingkan dengan *leaflet* dan tidak mudah rusak (6)

Kurangnya pemahaman ibu tentang kesehatan baik itu gizi saat sebelum masa kehamilan hingga saat masa kehamilan serta asupan nutrisi pada balita dapat menjadi penyebab tinggi nya angka *stunting*. Tingkat pengetahuan ibu menjadi kunci bagi pengelolaan rumah tangga, sehingga akan mempengaruhi sikap ibu terhadap pola asuh dalam menjaga anaknya dan pemilihan bahan makanan yang layak di konsumsi dan banyak mengandung gizi yang baik untuk anak (7). Jika pengetahuan ibu baik maka ibu akan mempraktekannya dalam kehidupan sehari-hari seperti saat pemberian makanan dan kualitas pola asuh yang baik. Sehingga dapat berpotensi mencegah terjadinya *stunting* pada anak (8). Dengan adanya multi faktor yang sangat beragam maka dibutuhkan intervensi yang membantu Ibu untuk mencegah *stunting* pada 1000 HPK (Hari Pertama Kehidupan) anak.

Menurut teori Lawrence Green perilaku kesehatan seseorang dapat dipengaruhi oleh faktor individu maupun lingkungan, dan karena itu terdapat 2 bagian utama yang berbeda. Bagian pertama adalah PRECEDE dan bagian kedua adalah PROCEED. Selanjutnya, dalam teori ini disebutkan bahwa dua faktor mempengaruhi kesehatan seseorang yaitu faktor perilaku dan faktor diluar perilaku. Faktor perilaku dipengaruhi oleh tiga faktor yakni; faktor predisposisi, faktor pendukung, dan faktor pendorong. Faktor predisposisi dapat berupa pengetahuan, perasaan, dan tindakan seseorang (9).

Promosi kesehatan dapat mencakup perubahan yang dapat merubah tindakan seseorang dan membantu mencapai tujuan yang diharapkan. Faktor predisposisi tersebut dapat ditingkatkan. Persepsi individu dalam memandang penyakit dipengaruhi oleh tindakan yang dilakukan seperti adanya penyuluhan kesehatan melalui media. Media yang dapat digunakan dalam penyuluhan kesehatan dapat menggunakan media power point, flip chart, media audiovisual, *leaflet*, buku saku dan media lainnya (10).

Penelitian ini menggunakan media promosi kesehatan yaitu buku saku dengan judul "Indonesia Sehat Bebas *Stunting*" yang di adopsi dari Kemenkes RI. Buku ini dipilih karena buku ini berisi informasi mengenai *stunting* dan upaya preventif *stunting* dilengkapi dengan gizi untuk bayi, Ibu menyusui, dan Ibu hamil, selain itu buku saku juga mudah dipergunakan dan mudah dibawa karena ukurannya yang tidak sebesar buku pada umumnya, sehingga bisa dibawa kemana saja dan dibaca oleh siapa saja, serta dapat dijadikan acuan dalam mencegah *stunting*. Menurut Kamus Besar Bahasa Indonesia, buku saku dalam pendidikan kesehatan merupakan salah satu penunjang yang lebih mudah digunakan karena berisi informasi berupa tulisan maupun gambar, yang isi yang lebih rinci dibandingkan dengan *leaflet* dan tidak mudah rusak (6).

Berdasarkan uraian permasalahan serta data yang telah didapatkan maka peneliti ingin mengetahui bagaimana pengaruh edukasi dengan media *pocket book* terhadap pengetahuan dan sikap Ibu balita untuk mencegah *stunting* pada anak di wilayah kerja Puskesmas Pakem Sleman.

METODE

Jenis Penelitian

Jenis penelitian ini adalah *Quasi Experiment* yang menggunakan rancangan *one group pretest-posttest*, yang berarti satu pengukuran dilakukan sebelum perlakuan (*pre-test*) dan satu pengukuran lagi (*post-test*) dilakukan setelah perlakuan.

Lokasi dan Waktu Penelitian

Lokasi pengambilan dilakukan di tiga Desa yaitu Desa Candi Binangun, Hargo Binangun, dan Purwo Binangun. Dari tiga desa tersebut, dipilih 8 padukuhan yang di ambil dari tiap desa yaitu Dusun Nepen, Sembung, Kemput, Wringin, Kadilobo, Ngipiksari, Kaliurang Timur, dan Kaliurang Barat yang dilaksanakan pada bulan Oktober – November 2023. Penelitian ini telah mendapatkan persetujuan etik dari Komite Etik Penelitian Universitas Ahmad Dahlan dengan Persetujuan Etik Nomor: 012311275.

Populasi dan Sampel

Populasi ibu yang mempunyai anak dengan usia 0-23 bulan di wilayah kerja Puskesmas Pakem adalah 770 baduta. Besar sampel dihitung menggunakan rumus Slovin maka diketahui dari 3 desa tersebut besar sampel yang

akan digunakan dalam penelitian ini sebesar 144 ibu. Teknik sampling pada penelitian ini menggunakan *cluster sampling* untuk menentukan jumlah orang oerdesa yang akan di jadikan sampel. Didapatkan hasil besar sampel per-cluster yaitu Candi Binangun sebanyak 25 orang, Hargo Binangun 48 orang, dan Purwo Binangun 25 orang dengan total 98 orang.

Alat dan Instrumen Penelitian

Instrumen yang digunakan dalam penelitian ini adalah lembar kuesioner *pre-test* dan *post-test* dengan alat penelitian menggunakan media buku saku yang berjudul "Indonesia Sehat Bebas *Stunting*" yang diterbitkan oleh Kemenkes RI. Kuesioner variabel pengetahuan memiliki 15 item pertanyaan dan variabel sikap 21 item pertanyaan yang digunakan setelah dilakukan uji validitas dan reliabilitas. Pengisian kuesioner dilakukan 2 kali yaitu saat sebelum diberikan intervensi menggunakan media *pocket book* (*pre-test*) dan saat sesudah diberikan intervensi dengan media *pocket book* (*post-test*).

Hasil Uji Validitas dan Reliabilitas

Hasil uji validitas dari variabel pengetahuan diketahui bahwa 10 dari 25 item dinyatakan tidak valid karena nilai r hitung $< r$ tabel. Pertanyaan yang tidak valid terdapat di item nomor 1,2, 5, 8, 10, 12, 14, 15, 17, dan 23. Pertanyaan yang tidak valid tidak akan digunakana dalam penelitian ini. Kemudian pada hasil uji reliabilitas kuesioner diketahui bahwa *Cronbach's alpha* variabel pengetahuan yaitu 0.740 maka 15 item yang valid dinyatakan reliabel karena *Cronbach's alpha* $>$ dari 0.6. Pada hasil uji validitas variabel sikap diketahui bahwa 21 item dinyatakan valid karena r hitung $> r$ tabel. Sedangkan 4 item lainnya yaitu pada nomor 4, 8, 20, dan 25 dinyatakan tidak valid. Item yang dinyatakan tidak valid tidak akan digunakan dalam penelitian ini. Sehingga tersisa 21 item yang valid dan dikatakan reliabel karena hasil *Cronbach's alpha* $>$ 0.6 yaitu sebesar 0.882.

HASIL

Karakteristik Responden

Pada penelitian ini ibu yang mempunyai bayi umur dua tahun (baduta) di wilayah kerja Puskesmas Pakem akan menjadi informan yang berjumlah 98 responden dengan karakteristik responden yaitu usia, Pendidikan, pekerjaan, dan pendapatan. Tabel 1 menyajikan distribusi frekuensi karakteristik responden.

Tabel 1. Karakteristik Responden Menurut Usia, Pendidikan, Pekerjaan, dan Pendapatan

Karakteristik	Kategori	f	%
Usia	Remaja Akhir (17-25)	56	57,14%
	Dewasa (26-45)	42	42,86%
	SD	0	0%
Pendidikan	SMP	13	13,27%
	SMA	67	68,37%
	D3	7	7,14%
	D4	2	2,04%
	S1	9	9,18%
Pekerjaan	IRT	66	67,35%
	Karyawan swasta	18	18,37%
	PNS	9	9,18%
	Wirausaha/Wiraswasta	5	5,10%
Pendapatan	$\leq$ UMK Sleman	56	57,14%
	$\geq$ UMK Sleman	42	42,86%

Sumber: Data Primer 2023

Tabel 1 menunjukkan bahwa usia ibu yang memiliki baduta paling banyak adalah remaja akhir dengan rentang usia 17-25 tahun sebanyak 56 orang (57,14%). Menurut pendidikan, mayoritas ibu memiliki tingkat pendidikan Sekolah Menengah Atas (SMA) yaitu sebanyak 67 orang (68,37%). Sedangkan tingkat pendidikan yang paling rendah adalah Sarjana Terapan atau D4 yaitu 2 orang. Berdasarkan pekerjaan, paling banyak pekerjaan ibu adalah IRT atau Ibu Rumah Tangga yaitu sebanyak 66 orang (67,35%). Dan berdasarkan pendapatan, sebanyak 56 orang (57,14%) berpenghasilan kurang dari UMK Sleman yaitu sebesar Rp. 2.315.976,39.

Analisis Univariat

Berdasarkan data yang telah diperoleh dari 98 responden untuk mengetahui tingkat pengetahuan dan sikap, didapatkan hasil analisis univariat pada Tabel 2 dan Tabel 3:

Tabel 2. Distribusi Frekuensi Tingkat Pengetahuan Responden

Variabel	Waktu Pengukuran	Kategori	Frekuensi (orang)	Persentase (%)
Pengetahuan	Pre-test	Baik	67	68,37%
		Tidak Baik	31	31,63%
	Post-test	Baik	71	72,45%
		Tidak Baik	27	27,55%

Pengambilan data pengetahuan dilakukan 2 kali yaitu saat sebelum diberikan media buku saku (*pre-test*) dan sesudah diberikan media buku saku (*post-test*). Pengetahuan Ibu Baduta tentang upaya pencegahan *stunting* dibagi menjadi 2 golongan yaitu baik dan tidak baik. Karena hasil uji normalitas menunjukkan bahwa data berdistribusi tidak normal maka *cut off point* yang dipakai adalah nilai median. Berdasarkan hasil penelitian pada Tabel 2 dapat diketahui bahwa tingkat pengetahuan yang baik mengenai upaya pencegahan *stunting* meningkat menjadi 71 orang dengan persentase 71,45%. Peningkatan pengetahuan dapat disebabkan karena responden telah membaca *pocket book* yang telah diberikan sehingga dapat menjawab pertanyaan tentang pengetahuan dengan benar.

Tabel 3. Distribusi Frekuensi Tingkat Sikap Responden

Variabel	Waktu Pengukuran	Kategori	Frekuensi (orang)	Persentase (%)
Sikap	Pre-test	Baik	51	52,04%
		Tidak Baik	47	47,96%
	Post-test	Baik	55	56,12%
		Tidak Baik	43	43,88%

Pengambilan data tentang sikap responden terhadap upaya pencegahan *stunting* dilakukan 2 kali yaitu saat sebelum dan sesudah diberikan media *pocket book* tentang pencegahan *stunting*. Pada Tabel 3 diketahui bahwa responden yang memiliki sikap baik bertambah setelah diberikan *pocket book* menjadi 55 orang dengan persentase 56,12%.

Analisis Bivariat

Analisis bivariat dilakukan untuk mengetahui hubungan antara 2 variabel yaitu efektivitas media yang digunakan terhadap pengetahuan dan sikap ibu dalam mencegah *stunting*. Uji yang dipakai adalah uji beda rata-rata satu sampel berpasangan. Karena data tidak berdistribusi normal, maka selanjutnya digunakan Uji *Wilcoxon Sign Rank* dengan nilai $P < 0,05$ maka dapat diartikan bahwa terdapat perbedaan pengetahuan dan sikap sebelum dan sesudah diberikan *pocket book*.

Perbedaan Rerata Pengetahuan Ibu Baduta Sebelum dan Sesudah diberikan Intervensi Menggunakan Media *Pocket Book*

Hasil rerata pengetahuan Ibu baduta tentang upaya pencegahan *stunting* sebelum diberikan intervensi dengan media *pocket book* adalah 12,95 sedangkan rerata pengetahuan Ibu baduta sesudah diberikan intervensi dengan media *pocket book* tentang upaya pencegahan *stunting* yaitu 14,01. Dari hasil tersebut menunjukkan bahwa terjadi peningkatan nilai atau pengetahuan Ibu dalam upaya pencegahan *stunting*. Tabel 4 Menyajikan rerata pengetahuan responden tentang upaya pencegahan *stunting* pada anak sebelum dan sesudah pemberian media *pocket book*.

Tabel 4. Rerata Pengetahuan Ibu Baduta Sebelum dan Sesudah diberikan Media Pocket Book

Pengetahuan	N	Min	Max	SD	Mean
<i>Pre-test</i>	98	9	15	1,365	12,95
<i>Post-test</i>	98	11	15	0,958	14,01

Berdasarkan metode dengan menggunakan Uji *Wilcoxon Signed Rank*, nilai-nilai yang didapatkan adalah: nilai mean rank dan sum of ranks dari kelompok negative ranks, positif ranks, dan ties. Negative ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih rendah dari nilai kelompok pertama (*pre-test*). Positif ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih tinggi dari nilai kelompok pertama (*pre-test*). Sedangkan tie adalah nilai kelompok kedua (*post-test*) sama besarnya dengan nilai kelompok pertama (*pre-test*). Simbol N menunjukkan jumlahnya, Mean Rank adalah peringkat rata-ratanya dan sum of ranks adalah jumlah dari peringkatnya (11). Tabel 5 menyajikan efektivitas media *pocket book* terhadap pengetahuan Ibu baduta tentang upaya pencegahan *stunting* pada anak.

Tabel 5. Efektivitas Media Pocket Book Terhadap Pengetahuan Ibu Baduta Tentang Upaya Pencegahan Stunting Pada Anak

	Pemberian Media pocket book	Mean Rank	Sum of Ranks	N	Hasil Uji Normalitas	Wilcoxon (sig)
Pengetahuan	Negative Ranks	18,50	55,50	3	< 0,001	< 0,001
	Positive Ranks	34,73	2222,50	64		
	Ties			31		
	Total			80		

Berdasarkan Tabel 5 didapatkan nilai positif ranks dengan jumlah responden 64 Ibu yang nilai *post-test* lebih besar dari pada nilai *pre-test* yaitu nilai mean rank 34,73 dan sum of rank 2222,50. Hasil uji *Wilcoxon* didapatkan nilai $P < 0,000$ ($P < 0,05$) sehingga dapat disimpulkan bahwa terdapat perbedaan rerata pengetahuan Ibu Baduta sebelum dan sesudah pemberian media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Perbedaan Rerata Sikap Ibu Baduta Sebelum dan Sesudah diberikan Intervensi Menggunakan Media Pocket Book

Perbedaan rerata sikap responden pada Tabel 6 menunjukkan bahwa hasil rerata sikap Ibu baduta sebelum diberikan intervensi dengan media *pocket book* adalah 92,24 sedangkan rerata sikap Ibu baduta sesudah diberikan intervensi dengan media *pocket book* meningkat menjadi 95,88. Hasil tersebut menunjukkan adanya peningkatan nilai atau sikap Ibu dalam upaya pencegahan *stunting* setelah diberikan intervensi menggunakan media *pocket book*. Tabel 16. Menyajikan rerata sikap responden tentang upaya pencegahan *stunting* pada anak sebelum dan sesudah pemberian media *pocket book*.

Tabel 6. Rerata Sikap Ibu Baduta Sebelum dan Sesudah diberikan Media Pocket Book

Sikap	N	Min	Max	SD	Mean
<i>Pre-test</i>	98	77	105	6,221	92,24
<i>Post-test</i>	98	84	105	5,481	95,88

Berdasarkan metode dengan menggunakan Uji *Wilcoxon Signed Rank*, nilai-nilai yang didapatkan adalah: nilai mean rank dan sum of ranks dari kelompok negative ranks, positif ranks, dan ties. Negative ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih rendah dari nilai kelompok pertama (*pre-test*). Positif ranks adalah sampel dengan nilai kelompok kedua (*post-test*) lebih tinggi dari nilai kelompok pertama (*pre-test*). Sedangkan tie adalah nilai kelompok kedua (*post-test*) sama besarnya dengan nilai kelompok pertama (*pre-test*). Simbol N menunjukkan jumlahnya, Mean Rank adalah peringkat rata-ratanya dan sum of ranks adalah jumlah dari

peringkatnya (11). Tabel 7 menyajikan efektivitas media *pocket book* terhadap sikap ibu baduta tentang upaya pencegahan *stunting* pada anak.

Tabel 7. Efektivitas Media Pocket Book Terhadap Sikap Ibu Baduta Tentang Upaya Pencegahan Stunting Pada Anak

	Pemberian Media <i>pocket book</i>	Mean Rank	Sum of Rank	N	Hasil Uji Normalitas	Wilcoxon (sig)
Sikap	Negative Ranks	44,83	134,50	3		
	Positive Ranks	45,01	3870,50	86	< 0,001	< 0,001
	Ties			9		
	Total			98		

Berdasarkan Tabel 7 didapatkan nilai positif ranks dengan jumlah responden 64 Ibu yang nilai *post-test* lebih besar dari pada nilai *pre-test* yaitu nilai mean rank 44,83 dan sum of rank 3870,50. Hasil uji Wilcoxon didapatkan nilai $P < 0,05$ ($P < 0,05$) sehingga dapat disimpulkan bahwa terdapat perbedaan rerata sikap Ibu Baduta sebelum dan sesudah pemberian media *pocket book* tentang upaya pencegahan *stunting* pada anak.

PEMBAHASAN

Perbedaan Rerata Pengetahuan Sebelum dan Sesudah Pemberian Promosi Kesehatan Tentang Upaya Pencegahan *Stunting* dengan Media *Pocket Book*

Berdasarkan hasil penelitian pada Ibu baduta di wilayah kerja Puskesmas Pakem yaitu di Padukuhan Kaliurang Timur, Kaliurang Barat, Ngipiksari, Nepen, Kemput, Wringin, Sembung, dan Kadilobo didapatkan bahwa dari total responden sebanyak 98 orang, responden yang memiliki pengetahuan dengan kategori baik setelah diberikan intervensi dengan media *pocket book* yaitu sebanyak 71 orang (72.45%). Jumlah tersebut bertambah yang sebelumnya saat pelaksanaan *pre-test* hanya 67 orang (68.37%) yang memiliki pengetahuan dengan kategori baik. Perubahan juga terjadi pada rerata nilai ibu antara *pre-test* dan *post-test*. Saat *post-test* rerata pengetahuan ibu adalah 12.95 sedangkan setelah pelaksanaan *post-test* nilai rerata pengetahuan ibu meningkat menjadi 14.01. Dari hasil tersebut didapatkan bahwa nilai rerata ibu mengalami peningkatan setelah diberikan edukasi dengan media *pocket book* tentang upaya pencegahan *stunting*.

Peningkatan tersebut bisa terjadi karena sebelumnya ibu telah diberikan edukasi mengenai *stunting* dari buku tersebut dan telah membaca media buku saku yang diberikan sehingga ibu bisa menjawab soal *post-test* dengan baik. Sejalan dengan penelitian Lusiani et al (2021) yang menunjukkan terjadinya peningkatan pengetahuan ibu sebelum dan sesudah berikan intervensi pendidikan kesehatan dengan menggunakan media buku saku. Karena menurut Awaluddin (2017) pendidikan kesehatan dapat berpengaruh terhadap peningkatan pengetahuan seseorang. Media memiliki peran yang penting untuk meningkatkan pengetahuan pada ibu karena media memiliki fungsi sebagai alat peraga dalam menyampaikan pesan atau informasi tentang kesehatan sehingga lebih efektif untuk meningkatkan pengetahuan ibu mengenai *stunting* (14). orang tua khususnya ibu memiliki peran yang penting dan berpengaruh dalam pemenuhan gizi anak. Untuk mendapatkan gizi yang baik pada anak maka orang tua memerlukan pengetahuan yang baik. Ibu yang memiliki pengetahuan baik tentang *stunting* pasti akan membuat ibu untuk mengusahakan pencegahan secara optimal untuk anaknya agar tidak mengalami *stunting* (15).

Pengetahuan yang diukur dalam penelitian ini adalah penjelasan dan pengertian, gejala, dampak, pemicu, dan upaya pencegahan. Pengetahuan yang diukur dalam penelitian ini adalah penjelasan dan pengertian, gejala, dampak, pemicu, dan upaya pencegahan. Selaras dengan Lusiani et al (2021) yang berpendapat bahwa pengetahuan mengenai *stunting* yang dapat diukur dalam kuesioner penelitian adalah definisi, dampak, ciri-ciri, penyebab, upaya pencegahan dan faktor yang mempengaruhi terjadinya *stunting*. Pengetahuan memiliki keterkaitan dengan pendidikan, jika seseorang memiliki tingkat pendidikan yang tinggi maka pengetahuan yang dipunya akan semakin banyak dan luas (16). Namun, menurut Afwatunnati et al (2016) bukan berarti orang yang memiliki tingkat pendidikan rendah akan mempunyai pengetahuan yang sedikit. Pengetahuan akan bertambah bukan hanya melalui pendidikan formal

saja tetapi pengetahuan bisa didapatkan melalui pendidikan non-formal. Hasil penelitian ini mendapati bahwa mayoritas ibu mempunyai pengetahuan yang baik dan dapat dilihat juga bahwa pendidikan ibu yang paling banyak adalah SMA. Amri Yeni Putri et al., (2022) dalam penelitiannya menyatakan bahwa yang didapati adalah responden dengan tingkat pendidikan SMA paling banyak dengan pengetahuan pencegahan *stunting* yang baik.

Perbedaan Rerata Sikap Sebelum dan Sesudah Pemberian Promosi Kesehatan Tentang Upaya Pencegahan *Stunting* dengan Media *Pocket Book*

Berdasarkan hasil penelitian pada Ibu baduta di wilayah kerja Puskesmas Pakem yaitu di Padukuhan Kaliurang Timur, Kaliurang Barat, Ngipiksari, Nepen, Kemput, Wringin, Sembung, dan Kadilobo didapatkan bahwa dari total responden sebanyak 98 orang, ibu yang memiliki kategori sikap baik sebelum diberikan promosi kesehatan dengan media *pocket book* sebanyak 51 orang, jumlah tersebut meningkat setelah diberikan media *pocket book* menjadi 55 orang. Kemudian hasil rerata skor sikap ibu sebelum pemberian media *pocket book* yaitu sebesar 92.24 sedangkan setelah pemberian promosi kesehatan dengan media *pocket book* menjadi 95.88. Dari hasil tersebut dapat diketahui bahwa adanya peningkatan sikap ibu sesudah diberikan media *pocket book* dalam upaya pencegahan *stunting*.

Hasil tersebut sejalan dengan penelitian Raodah et al (2023) yang menunjukkan bahwa sikap responden mengalami peningkatan menjadi lebih baik sesudah pemberian promosi kesehatan dengan media buku saku. Sikap ibu yang menjadi lebih baik bisa disebabkan karena adanya tindakan kepada responden dengan memberikan pendidikan kesehatan dengan media buku saku. Notoatmodjo menjelaskan bahwa kemampuan kognitif atau pengetahuan seseorang mempunyai peran yang penting untuk mempengaruhi perilaku. Sikap dan perilaku yang baik dapat dibentuk melalui pengetahuan yang baik, sehingga untuk meningkatkannya bisa dengan cara yang tepat salah satunya dengan pendidikan kesehatan menggunakan media. Maka dari itu media dapat menjadi alternatif alat pendidikan kesehatan untuk menambah pengetahuan, salah satu media yang dapat digunakan untuk promosi kesehatan adalah buku saku (21). Sehingga pemberian pendidikan kesehatan dengan tujuan meningkatkan pengetahuan, sikap, serta tindakan bisa menjadi salah satu cara dalam upaya mencegah *stunting*.

Menurut teori Lawrence Green pada Notoatmodjo (2012) menyatakan sikap seseorang termasuk ke dalam faktor predisposisi yang dapat mempengaruhi perilaku kesehatannya. Dengan pengetahuan yang baik dan sikap yang positif maka akan terceminkan perilaku yang baik. Pada penelitian ini diketahui bahwa sikap ibu bisa menjadi salah satu faktor yang mempengaruhi terjadinya perilaku upaya pencegahan *stunting* pada anak. Melihat hasil skor ibu yang tidak jauh dari skor *pre-test* menunjukkan bahwa ibu sudah memiliki sikap yang baik sebelum diberikan pendidikan kesehatan. Namun setelah pemberian pendidikan kesehatan mengenai upaya pencegahan *stunting* pada anak skor sikap ibu bertambah, sehingga menandakan jika sikap ibu dalam menyikapi pencegahan *stunting* pada anaknya meningkat.

Sikap seseorang bisa menjadi faktor pendorong dalam mempengaruhi suatu perilaku. Sikap ibu memiliki kaitan yang erat dengan status gizi balitanya. Ibu memiliki peranan yang penting dalam memenuhi gizi balitanya, maka apabila seseorang mempunyai sikap yang negatif akan berpengaruh pada tindakan perilaku yang akan menjadi buruk sehingga menimbulkan masalah gizi pada anak.

Efektivitas Promosi Kesehatan dengan Media *Pocket Book* Tentang Upaya Pencegahan *Stunting* Terhadap Pengetahuan dan Sikap

Hasil uji statistik menggunakan uji *Wilcoxon Sign Rank* pada variabel pengetahuan didapatkan nilai Z sebesar - 6.932 dan nilai asymp sig. 0.000 ($p < 0.05$). Berdasarkan hasil tersebut menunjukkan bahwa terdapat perbedaan rerata pengetahuan sebelum dan sesudah diberikan media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Hasil uji statistik menggunakan uji *Wilcoxon Sign Rank* pada variabel sikap didapatkan nilai Z sebesar - 7.662 dan nilai asymp sig. 0.000 ($p < 0.05$). Berdasarkan hasil tersebut diketahui bahwa terdapat perbedaan rerata sikap sebelum dan sesudah diberikan media *pocket book* tentang upaya pencegahan *stunting* pada anak.

Berdasarkan hasil uji statistik menggunakan *Wilcoxon* menunjukkan adanya pengaruh media *pocket book* tentang upaya pencegahan *stunting* pada anak terhadap pengetahuan dan sikap ibu, maka dapat disimpulkan bahwa

hipotesis diterima. Hal ini sejalan dengan penelitian Setiyaningsih et al (2022) terdapat pengaruh pendidikan kesehatan dengan media buku saku terhadap pengetahuan ibu. Setelah diberikan intervensi pendidikan kesehatan dengan media buku saku terjadi peningkatan pengetahuan ibu menjadi kategori baik.

Penelitian ini menggunakan media buku saku yang berasal dari Kemenkes RI dengan berjudul "Indonesia Sehat Bebas *Stunting*". Media buku saku dipilih karena dapat memuat informasi yang lebih banyak sehingga dapat menyebarkan informasi dengan waktu yang relative singkat dan bisa dibawa kemana saja setelah diberikan saat pelaksanaan promosi kesehatan dengan begitu ibu bisa membaca kembali buku saku tersebut, sehingga dapat meningkatkan pengetahuan dan sikap ibu dalam upaya mencegah *stunting*.

Menurut Taamu et al (2020) materi cetak berada di posisi penting dalam promosi kesehatan karena bisa menyampaikan informasi yang lugas sehingga bisa dibawa kemana saja untuk dibaca kembali. DepKes RI dalam penelitian Kumalasari (2015) menyatakan bahwa untuk memperkuat informasi yang diberikan makan materi yang disampaikan harus ampuh atau efektif baik secara lisan maupun menggunakan media saat penyampaian materi. Pendidikan kesehatan menggunakan buku saku tergolong dalam pendidikan kesehatan berdasarkan indera penerima yaitu metode melihat sehingga pesan akan diterima oleh sasaran melalui indera penglihatan sehingga pesan yang disampaikan bisa terserap 83% dan diingat sebanyak 30%.

Teori yang memiliki keterkaitan dengan pencegahan suatu penyakit dikenal dengan teori *five level prevetion* dari Leavel dan Clark pada buku Wijayanti et al (2023) preventif merupakan usaha pelayanan yang luas, maka dalam upaya layanannya dibagi menjadi lima yaitu; Level 1 peningkatan kesehatan (*health promotion*), Level 2 pencegahan umum dan khusus (*general dan specific prevention*), Level 3 peneggakan diagnosa secara dini dan pengobatan yang cepat dan tepat (*early diagnosis and prompt treatment*), Level 4 pembatasan kecacatam (*disability limitation*), dan Level 5 pemulihan kesehatan (*rehabilitation*).

Penelitian ini sejalan dengan teori *five level prevention* pada level 1 yaitu promosi kesehatan (*health promotion*). Upaya yang dilakukan pada level 1 adalah upaya promotif yang difokuskan agar tidak mengalami atau menderita suatu penyakit. Pencegahan yang dilakukan dalam penelitian ini melalui promosi kesehatan yang memiliki tujuan untuk meningkatkan pengetahuan dan sikap ibu baduta berkenaan dengan upaya ibu mencegah *stunting* pada anaknya. Promosi kesehatan yang dilangsungkan diharapkan dapat meningkatkan pengetahuan dan sikap ibu menggunakan media buku saku. Pendidikan kesehatan jika dilaksanakan sesuai target dan media yang sesuai maka akan berdampak pada pencegahan secara menyeluruh dan dapat meningkatkan pengetahuan serta sikap ibu terhadap kesehatan juga dapat meningkatkan derajat kesehatan masyarakat (26).

KESIMPULAN

Jumlah ibu yang memiliki tingkat pengetahuan dan sikap yang baik bertambah setelah diberikan intervensi dengan melakukan promosi kesehatan menggunakan media *pocket book*. Jumlah Ibu yang memiliki pengetahuan baik sebanyak 71 Ibu dan jumlah Ibu yang memiliki sikap baik sebanyak 55 Ibu setelah diberikan intervensi dari total responden 98 Ibu. Untuk rerata skor pengetahuan yaitu sebesar 12,94 menjadi 14,01 setelah diberikan intervensi dan rerata skor sikap sebesar 92,24 menjadi 95,88 setelah diberikan intervensi menggunakan media *pocket book*. Pada hasil uji statistik Wilcoxon didapatkan hasil sig 0,000 pada variabel pengetahuan dan sikap ibu, sehingga dapat disimpulkan bahwa terdapat pengaruh media *pocket book* dalam meningkatkan pengetahuan dan sikap ibu.

SARAN

Penulis menyarankan petugas Promosi Kesehatan memberikan penyuluhan dengan media *pocket book* dari Kemenkes RI yang digunakan dalam penelitian ini karena media ini efektif dalam meningkatkan pengetahuan dan sikap Ibu. Peneliti selanjutnya dapat menggunakan media yang sama namun ditempat yang berbeda untuk mengetahui efektivitas media *pocket book* di tempat lain.

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Submissions

The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Are of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)

Lina Handayani, Mita Rizky

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ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki>**MPPKI****Media Publikasi Promosi Kesehatan Indonesia**
*The Indonesian Journal of Health Promotion***Research / Review Articles****Open Access***The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)***Lina Handayani¹, Mita Rizky^{2*}**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia* Koresponden Penulis: 30mitarizky@gmail.com**ABSTRACT**

Introduction: Stunting is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest stunting cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mothers' knowledge and attitudes influence the prevention of stunting, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing stunting by Community Health Centers is still limited in the form of leaflets which only contain material about nutrition for children aged 0 - 24 months, while the pocket book in this study contains nutrition for babies, breastfeeding mothers, and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design employed a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler, Pocket Book, Knowledge, Attitude, Stunting.

INTRODUCTION

Stunting or short stature (shortness) is a problem of disturbances in a child's growth which can be caused by poor nutrition, repeated infections and insufficient psychosocial encouragement, so that his height is not ideal and not like his age. This incident can be found by calculating the Z-index score for height according to age (TB/U). If the TB/U Z-index score is below -2 SD (standard deviation) then a person can be said to be stunted. Insufficient nutritional intake can also trigger stunting in children from a quantity and quality perspective, high levels of morbidity or a combination of both. Conditions like this are usually found in countries with low economic conditions (1).

According to WHO, regarding the prevalence of short children under five, it is known that the continent with the highest cases of stunting in the world is Africa with 56.2 million children with a percentage of 31.0% and South-East Asia with 49.8 million children with a percentage of 30.10% (2). Indonesia is the country with the highest prevalence of stunting in South-East Asia apart from Timor Leste, Bangladesh and India, namely 31.0% (3). Stunting is a serious problem that must be addressed immediately. If it is allowed to continue, apart from affecting the child's physical growth, stunting will disrupt the child's cognitive abilities, thereby affecting the child's productivity and intelligence in the future. Another bad consequence of stunting is reducing reproductive health and increasing the risk of obesity. So if this condition is left alone, it will affect human resources in the future (4).

It is known in the Results of the Indonesian Nutrition Status Survey in 2022 (SSGI) that the prevalence of stunting in Indonesia was recorded at 21.6%, this figure has decreased from the previous year, namely 24.4%. Even though there has been a decline, this figure still does not meet the target of reducing the stunting rate in Indonesia by 2024, namely to 14% to meet the WHO standard of less than 20% (5). East Nusa Tenggara Province is the province with the highest stunting rate in Indonesia, namely 35.3%, while Bali is the province with the lowest stunting prevalence rate, namely 8.0% (5).

The results of observations and interviews in June 2023 at the Sleman District Health Service revealed that the highest percentage of stunting cases was at the Pakem Community Health Center with a percentage of 25.5% in 1000 children under five in 2022. The Pakem Community Health Center has 5 sub-districts, namely Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, and Hargo Binangun. Data obtained from the Pakem Community Health Center, Purwo Binangun Village had the highest stunting cases at 68 toddlers, while the lowest village was Harjo Binangun Village with stunting cases at 28 toddlers.

The results preliminary interviews conducted with nutrition workers at the Pakem Sleman Community Health Center revealed that there were 66 babies aged 0 - 23 months who were affected by stunting. There are determinant factors that influence the high number of stunting cases at the Pakem Community Health Center, namely chronic lack of energy, small babies, tuberculosis, and smoking habits. The strategies that have been implemented by the community health center to prevent stunting in babies are providing counseling regarding exclusive breastfeeding, providing immunizations, preparatory counseling before complementary foods for breast milk, training posyandu cadres to become counselors for 1000 first day of birth of babies and before complementary foods for breast milk, as well as monitoring baby growth. Of all these efforts, the Community Health Center has not yet measured mothers' knowledge and attitudes regarding stunting prevention.

It is known that the health promotion media used by the Pakem Community Health Center for counseling on stunting prevention is only in the form of leaflets which only explain balanced nutrition for toddlers 0 – 24 months. Meanwhile, the pocket book used is entitled "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere, anywhere and read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6).

Mothers' lack of understanding about health, both nutrition before pregnancy and during pregnancy, as well as nutritional intake for toddlers, can be the cause of high stunting rates. The mother's level of knowledge is the key to household management, so it will influence the mother's attitude towards parenting in looking after her child and the selection of food ingredients that are suitable for consumption and contain lots of good nutrition for children (7). If the mother's knowledge is good, the mother will practice it in everyday life, such as when providing food and good quality parenting. So, it can potentially prevent stunting in children (8). Due to the multifaceted nature of the factors, interventions are needed that help mothers prevent stunting in their children's 1000 HPK (First Day of Life).

Green stated that health behavior can be influenced by individual and environmental factors, and therefore there are two main different parts. The first part is PRECEDE and the second part is PROCEED. Furthermore, in this theory it is stated that two factors influence a person's health, namely behavioral factors and factors outside of behavior. Behavioral factors are influenced by three factors, namely; predisposing factors, supporting factors, and driving factors. Predisposing factors can be a person's knowledge, feelings and actions (9).

Health promotion can change a person's actions and help achieve desired goals. These predisposing factors can be improved. Individual perceptions regarding disease are influenced by actions taken such as health education

through the media. Media that can be used in health education can use power point media, flip charts, audiovisual media, leaflets, pocket books and other media (10).

This research used health promotion media, namely a pocket book with the title "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. only and can be read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a form of support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6). Based on the description of the problem and the data that has been obtained, the researcher was eager to know the influence of education using pocket book media on the knowledge and attitudes of mothers of toddlers to prevent stunting in children in the Pakem Sleman Community Health Center working area.

METHOD

Types of research

This type of research is a quasi experiment. It employed a one group pretest-posttest design. It which means one measurement is carried out before the treatment (pre-test) and another measurement (post-test) is carried out after the treatment.

Research Location and Time

This study was located in three villages, namely Candi Binangun Village, Hargo Binangun, and Purwo Binangun. From the three villages, eight hamlets were selected which were taken from each village, namely Nepen, Sembung, Kemptut, Wringin, Kadilobo, Ngipiksari, East Kaliurang and West Kaliurang hamlets. The data collection was carried out in October – November, 2023. This research has received ethical approval from Ahmad Dahlan University Research Ethics Committee with Ethics Approval Number: 012311275.

Population and Sample

The population of this study was 770 mothers who have children aged 0-23 months in the Pakem Community Health Center working area. The sample size was 98 mothers who calculated using the Slovin formula. Hence, this research used cluster sampling to determine the sample size for each village. The sample sizes obtained per cluster were 25 mothers at Candi Binangun, 48 mothers at Hargo Binangun, and 25 mothers at Purwo Binangun for a total of 98 people.

Research Tools and Instruments

The instruments used in this research were pre-test and post-test questionnaires. Hence, the research tools using a pocket book entitled "Healthy Indonesia Free of Stunting" published by the Indonesian Ministry of Health. The knowledge variable questionnaire has 15 question items and the attitude variable has 21 question items which are used after testing validity and reliability. The questionnaire was filled out twice, namely before the intervention was given using pocket book media (pre-test) and after the intervention was given using pocket book media (post-test).

Validity and Reliability Test Results

The results of the validity test of the knowledge variable showed that 10 of the 25 items were declared invalid because the calculated r value $< r$ table. Invalid questions are found in item numbers 1,2, 5, 8, 10, 12, 14, 15, 17, and 23. Invalid questions were not be used in this research. Then, in the results of the questionnaire reliability test, it was found that the Cronbach's alpha of the knowledge variable was 0.740, so the 15 valid items were declared reliable because Cronbach's alpha was > 0.6 . In the results of the validity test of the attitude variable, it was found that 21 items were declared valid because r count $> r$ table. Meanwhile, 4 other items, namely numbers 4, 8, 20 and 25, were declared invalid. Items declared invalid were not be used in this study. So, there are 21 items remaining that are valid and said to be reliable because the Cronbach's alpha results are > 0.6 (0.882).

RESULTS

Characterists of respondents

Table 1 presents the frequency distribution of respondent characteristics including age, education, employment and income. The table shows that the highest number of mothers who have children are late teenagers with an age range of 17-25 years as many as 56 people (57.14%). According to education, the majority of mothers completed senior high school (SMA) education level (68.37%). Hence, only two mothers completed undergraduate level. Based on occupation, the majority of mothers' jobs are housewives (67.35%). And based on income, as many as 56 people (57.14%) earned less than the Sleman district minimum wage (UMK)/less than IDR. 2,315,976.39.

Table 1. Characteristics of Respondents based on Age, Education, Occupation, and Income

Characteritics	Categories	frequency	%
Age	17-25 years old	56	57.14%
	26-45 years old	42	42.86%
Education	Junior high school	13	13.27%
	Senior high school	67	68.37%
	Higher education	18	18.36%
Occupation	Housewife	66	67.35%
	Private sector employee	18	18.37%
	Government employees	9	9.18%
	Enterpreuner	5	5.10%
Income	≤ Sleman district minimum wage	56	57.14%
	≥ Sleman district minimum wage	42	42.86%

Source: Primary data 2023

Univariate Analysis

The level of knowledge and attitude of respondents is shown in Table 2 and Table 3. Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 1. Frequency Distribution of Respondents' Level of Knowledge

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Knowledge	Pre-test	Good	67	68.37%
		Bad	31	31.63%
	Post-test	Good	71	72.45%
		Bad	27	27.55%

Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 2. Frequency Distribution of Respondents' Attitude Levels

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Attitude	Pre-test	Good	51	52.04%
		Not Good	47	47.96%
	Post-test	Good	55	56.12%
		Not Good	43	43.88%

Data collection about the respondents' attitude towards stunting prevention efforts was carried out twice, namely before and after being given a pocket book about stunting prevention. In Table 3 it is known that respondents who had a good attitude increased after being given the pocket book to 55 people with a percentage of 56.12%.

Bivariate Analysis

Bivariate analysis is carried out to find out the relationship between two variables, namely the effectiveness of the media used on mothers' knowledge and attitudes in preventing stunting. The test used is the average difference test of one paired sample. Because the data was not normally distributed, the Wilcoxon Sign Rank Test was used with a P value <0.05 , so it could be interpreted that there were differences in knowledge and attitudes before and after being given the pocket book.

Average Difference in Knowledge of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The results of the average of knowledge of mothers of children under two years old about stunting prevention efforts before being given intervention using pocket book media was 12.95, while the average knowledge of young women after being given intervention using pocket book media about efforts to prevent stunting was 14.01. These results show that there has been an increase in mothers' values or knowledge in efforts to prevent stunting. Table 4 presents the average knowledge of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 3. Average Knowledge of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Knowledge	N	Min	Max	SD	Mean
Pre-test	98	9	15	1.365	12.95
Post-test	98	11	15	0.958	14.01

Based on the method by using the Wilcoxon Signed Rank Test, the values obtained are: mean rank and sum of ranks from the negative ranks, positive ranks and ties groups. Negative ranks are samples with the second group value (post-test) lower than the k group value first (pre-test). Positive ranks are sample with a second group value (post-test) value higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is amount from the ranking (11). Table 5 presents the effectiveness of pocket book media on the knowledge of mothers of children under two years old about efforts to prevent stunting in children.

Table 4. The Effectiveness of Pocket Book Media on the Knowledge of Mothers of Children Under Two Years Old About Efforts to Prevent Stunting in Children

	Providing pocket book media	Mean Rank	Sum of Ranks	N	Normality Test Results	Wilcoxon (sig)
Knowledge	Negative Ranks	18.50	55.50	3	< 0.001	< 0.001
	Positive Ranks	34.73	2222.50	64		
	Ties			31		
	Total			80		

Table 5 reveals a positive rank value was obtained with the number of respondents being 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value of 34.73 and the sum of rank 2222.50. The Wilcoxon test results obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average knowledge of mothers of children under two years old before and after giving pocket book media regarding efforts to prevent stunting in children.

Average Difference in the Attitudes of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The difference in the average attitudes of respondents in Table 6 shows that the average attitude of mothers of children under two years old before being given intervention with pocket book media was 92.24, while the average attitude of mothers of children under two years old after being given intervention with pocket book media increased to 95.88. These results show an increase in mothers' values or attitudes in efforts to prevent stunting after being given intervention using pocket book media. Table 16 presents the average attitude of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 5. Average Attitude of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Attitude	N	Min	Max	SD	Mean
Pre-test	98	77	105	6.221	92.24
Post-test	98	84	105	5.481	95.88

Based on the method using the Wilcoxon Signed Rank Test, the values obtained are mean rank and sum of ranks from the negative ranks, positive ranks, and ties groups. Negative ranks are samples with the second group value (post-test) lower than the first group (pre-test). Positive ranks are samples with the second group value (post-test) higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is the amount from the ranking. Table 7 presents the effectiveness of pocket book media on the attitudes of mothers of children under two years old regarding efforts to prevent stunting in children.

Table 6. Effectiveness of Pocket Book Media on the Attitudes of Mothers of Children Under Two Years Old Regarding Efforts to Prevent Stunting In Children

	Providing pocket books media	Mean Rank	Sum of Rank	N	Normality Test Results	Wilcoxon (sig)
Attitude	Negative Ranks	44.83	134.50	3		
	Positive Ranks	45.01	3870.50	86	< 0.001	< 0.001
	Ties			9		
	Total			98		

Based on Table 7 a positive rank value was obtained for the number of respondents 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value is 44.83 and the sum of rank is 3870.50. The results test Wilcoxon test obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average attitudes of mothers of children under two years old before and after giving pocket book media about efforts to prevent stunting in children.

DISCUSSION

Average Difference in Knowledge Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This study was found that out of a total of 98 respondents, respondents who had knowledge were in the good category after being given intervention with pocket book media, namely 71 mothers (72.45%). This number increased from previously when the pre-test was carried out, only 67 mothers (68.37%) had knowledge in the good category.

Changes also occurred in the mother's average score between the pre-test and post-test. During the post-test, the mother's average knowledge was 12.95, while after the post-test the mother's average knowledge value increased to 14.01. From these results, it was found that the mother's average score increased after being given education using pocket book media about efforts to prevent stunting.

This increase could occur because previously the mother had been given education about stunting from the book and had read the pocket book media given so that the mother could answer the post-test questions well. In line with research by Lusiani et al (2021) which shows an increase in mothers' knowledge before and after providing health education interventions using pocket book media. Because according to Awaluddin (2017), health education can affect the increase of a person's knowledge. The media has an important role in increasing mothers' knowledge because the media has a function as a teaching tool in conveying messages or information about health so that it is more effective to increase mothers' knowledge about stunting (14). Parents, especially mothers, have an important and influential role in fulfilling children's nutrition. To provide good nutrition for children, parents need good knowledge. Mothers who knowledgeable about stunting will definitely encourage mothers to make optimal prevention efforts for their children so that they do not experience stunting (15).

The knowledge measured in this research is explanation and understanding, symptoms, impacts, triggers, and prevention efforts. In line with Lusiani et al (2021) who argue that knowledge about stunting that can be measured in a research questionnaire is the definition, impact, characteristics, causes, prevention efforts and factors that influence the occurrence of stunting. Knowledge is related to education; if someone has a high level of education, the knowledge they have will be more and wider (16). However, according to Afwatunnati et al (2016) this does not mean that people with a low level of education will have little knowledge. Knowledge will increase not only through formal education, but knowledge can be obtained through non-formal education. The results of this study found that the majority of mothers had good knowledge and it can also be seen that the majority of mothers' education was high school. Putri et al., (2022) in their research stated that respondents with the highest level of high school education had good knowledge of stunting prevention.

Average Difference in Attitudes Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This current research revealed that out of a total of 98 respondents, mothers had a good attitude category before being given a promotion health with pocket book media as many as 51 people. This number increased after being given pocket book media to 55 people. Then the average mother's attitude score before giving the pocket book media was 92.24, while after giving health promotion using the pocket book media it was 95.88. From these results it can be seen that there was an improvement in mothers' attitudes after being given pocket book media in an effort to prevent stunting.

These results are in line with research by Raodah et al (2023) which shows that respondents' attitudes improved for the better after providing health promotion using pocket book media. The mother's better attitude could be due to actions taken by respondents by providing health education using pocket books. Notoatmodjo explained that a person's cognitive abilities or knowledge have an important role to influence behavior. Good attitudes and behavior can be formed through good knowledge, so that to improve it can be in the right way, one of which is health education using the media. Therefore, media can be an alternative health education tool to increase knowledge, one of the media that can be used for health promotion is a pocket book (21). So, providing health education with the aim of increasing knowledge, attitudes and actions can be one of the ways in an effort to prevent stunting.

Lawrence Green's theory in Notoatmodjo (2012) states that a person's attitude is included in the predisposing factors that can affect their health behavior. With good knowledge and a positive attitude, good behavior will be reflected. In this research, it is known that the mother's attitude can be one of the factors that influences the behavior of efforts to prevent stunting in children. Seeing the mother's score which is not far from the pre-test score shows that the mother already had a good attitude before being given health education. However, after providing health education regarding efforts to prevent stunting in children, the mother's attitude score increased, indicating that the mother's attitude towards preventing stunting in her children increased.

A person's attitude can be a driving factor in influencing a behavior. The mother's attitude is closely related to the nutritional status of her toddler. Mothers play an important role in fulfilling the nutrition of their toddlers. So, if a mother has a negative attitude, it will affect her negative behavioral actions that will be triggering nutritional problems to her children.

Effectiveness of Health Promotion with Pocket Book Media About Stunting Prevention Efforts on Knowledge and Attitudes

The results of statistical tests using the Wilcoxon Sign Rank test on the knowledge variable obtained a Z value of -6.932 and an asymp. value of sig. 0.000 (< 0.05). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media regarding efforts to prevent stunting in children. Hence, the Wilcoxon Sign Rank test on the attitude variable obtained a Z value of -7.662 and an asymp. value of sig. 0.000 ($p < 0.05$). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media about efforts to prevent stunting in children.

The statistical tests using Wilcoxon showed that there is an influence of pocket book media about efforts to prevent stunting in children on mothers' knowledge and attitudes. It can be concluded that the hypothesis is accepted. This is in line with research by Setyaningsih et al (2022) which shows the influence of health education using pocket books on maternal knowledge. After being given health education intervention using pocket books, the mother's knowledge increased into a good category.

This research used a pocket book from the Indonesian Ministry of Health entitled "*Indonesia Sehat Bebas Stunting*". The pocket book media was chosen because it can contain more information so that it can disseminate information in a relatively short time and can be taken anywhere after being given during the implementation of health promotion so that the mother can re-read the pocket book, so that it can increase the mother's knowledge and attitude in an effort to prevent stunting.

Taamu et al (2020) stated that printed materials are in an important position in health promotion because they can convey straightforward information so that they can be taken anywhere to be read again. The Indonesian Ministry of Health in Kumalasari's research (2015) stated that to strengthen the information provided, the material presented must be powerful or effective both orally and using media when delivering the material. Health education using pocket books is included in health education based on the recipient's senses, namely the method of viewing so that the message will be received by the target through the sense of sight so that the message conveyed can be 83% absorbed and 30% remembered.

The theory that is related to the prevention of disease is known as the five level prevention theory from Leavel and Clark in the book Wijayanti et al (2023). Prevention is a broad service effort, so the service effort is divided into five: Level 1 health improvement and health promotion; Level 2 general and specific prevention; Level 3 early diagnosis and fast and appropriate treatment (early diagnosis and prompt treatment); Level 4 limiting disability (disability limitation); and Level 5 health recovery (rehabilitation). Furthermore, this research is in line with the fivelevel prevention theory at level 1, namely health promotion. Efforts made at level 1 are promotive efforts that are focused on not experiencing or suffering from an illness. Prevention carried out in this research is through health promotion which aims to increase the knowledge and attitudes of young mothers regarding mothers' efforts to prevent stunting in their children. It is hoped that the health promotion that is being held can increase mothers' knowledge and attitudes using pocket book media. Health education, if implemented according to targets and appropriate media, will have an impact on overall prevention and can increase mothers' knowledge and attitudes towards health and can also improve the level of public health (26) .

CONCLUSION

This research revealed that there is an influence of pocket book media in increasing mother's knowledge and attitude. The pocket book is beneficial and effective to promote knowledge and attitude among mothers to prevent stunting. The authors suggest that Health Promotion officers provide counseling using pocket book media from the Indonesian Ministry of Health which is used in this research because this media is effective in increasing mothers'

knowledge and attitudes. Future researchers can use the same media but in different places with bigger sample size to find out the effectiveness of pocket book media in other places.

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7. Email pemberitahuan artikel diterima untuk diterbitkan dan permintaan pembayaran
(27 Mei 2024)

[MPPKI] Editor Decision

1 message

Dr. Ahmad Yani, S.K.M, M.Kes <jurnal@unismuhpalu.ac.id>

Mon, May 27, 2024 at 5:42 PM

To: Mita Rizky <30mitarizky@gmail.com>, Lina Handayani <lina.handayani@ikm.uad.ac.id>

Mita Rizky, Lina Handayani:

We have reached a decision regarding your submission to Media Publikasi Promosi Kesehatan Indonesia (MPPKI), "Efektivitas Pocket Book dalam Peningkatan Pengetahuan dan Sikap Pada Ibu Sebagai Upaya Mencegah Stunting di Wilayah Kerja Puskesmas Pakem Sleman: Studi Pada Ibu dengan Bayi Usia 0-23 Bulan".

Our decision is to: Your article has gone through a peer review process and has been declared **accepted for publication**

Publication fees will be paid no later than 3-5 days after receiving this message. Otherwise, we will delete your article files. **Payment Please klik:** <https://s.id/RegulerFeeMPPKI>

Thanks

Best regards,Dr. Ahmad Yani
Editor in Chief

MPPKI (Media Publikasi Promosi Kesehatan Indonesia): The Indonesian Journal of Health Promotion
<http://jurnal.unismuhpalu.ac.id/index.php/MPPKI>

**B-Linamita revised (full translation).docx**

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8. Manuskrip yang telah diterima untuk diterbitkan
(27 Mei 2024)

ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki>**MPPKI****Media Publikasi Promosi Kesehatan Indonesia**
*The Indonesian Journal of Health Promotion***Research / Review Articles****Open Access***The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)***Lina Handayani¹, Mita Rizky^{2*}**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia* Koresponden Penulis: 30mitarizky@gmail.com**ABSTRACT**

Introduction: Stunting is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest stunting cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mothers' knowledge and attitudes influence the prevention of stunting, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing stunting by Community Health Centers is still limited in the form of leaflets which only contain material about nutrition for children aged 0 - 24 months, while the pocket book in this study contains nutrition for babies, breastfeeding mothers, and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design employed a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler, Pocket Book, Knowledge, Attitude, Stunting.

INTRODUCTION

Stunting or short stature (shortness) is a problem of disturbances in a child's growth which can be caused by poor nutrition, repeated infections and insufficient psychosocial encouragement, so that his height is not ideal and not like his age. This incident can be found by calculating the Z-index score for height according to age (TB/U). If the TB/U Z-index score is below -2 SD (standard deviation) then a person can be said to be stunted. Insufficient nutritional intake can also trigger stunting in children from a quantity and quality perspective, high levels of morbidity or a combination of both. Conditions like this are usually found in countries with low economic conditions (1).

According to WHO, regarding the prevalence of short children under five, it is known that the continent with the highest cases of stunting in the world is Africa with 56.2 million children with a percentage of 31.0% and South-East Asia with 49.8 million children with a percentage of 30.10% (2). Indonesia is the country with the highest prevalence of stunting in South-East Asia apart from Timor Leste, Bangladesh and India, namely 31.0% (3). Stunting is a serious problem that must be addressed immediately. If it is allowed to continue, apart from affecting the child's physical growth, stunting will disrupt the child's cognitive abilities, thereby affecting the child's productivity and intelligence in the future. Another bad consequence of stunting is reducing reproductive health and increasing the risk of obesity. So if this condition is left alone, it will affect human resources in the future (4).

It is known in the Results of the Indonesian Nutrition Status Survey in 2022 (SSGI) that the prevalence of stunting in Indonesia was recorded at 21.6%, this figure has decreased from the previous year, namely 24.4%. Even though there has been a decline, this figure still does not meet the target of reducing the stunting rate in Indonesia by 2024, namely to 14% to meet the WHO standard of less than 20% (5). East Nusa Tenggara Province is the province with the highest stunting rate in Indonesia, namely 35.3%, while Bali is the province with the lowest stunting prevalence rate, namely 8.0% (5).

The results of observations and interviews in June 2023 at the Sleman District Health Service revealed that the highest percentage of stunting cases was at the Pakem Community Health Center with a percentage of 25.5% in 1000 children under five in 2022. The Pakem Community Health Center has 5 sub-districts, namely Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, and Hargo Binangun. Data obtained from the Pakem Community Health Center, Purwo Binangun Village had the highest stunting cases at 68 toddlers, while the lowest village was Harjo Binangun Village with stunting cases at 28 toddlers.

The results preliminary interviews conducted with nutrition workers at the Pakem Sleman Community Health Center revealed that there were 66 babies aged 0 - 23 months who were affected by stunting. There are determinant factors that influence the high number of stunting cases at the Pakem Community Health Center, namely chronic lack of energy, small babies, tuberculosis, and smoking habits. The strategies that have been implemented by the community health center to prevent stunting in babies are providing counseling regarding exclusive breastfeeding, providing immunizations, preparatory counseling before complementary foods for breast milk, training posyandu cadres to become counselors for 1000 first day of birth of babies and before complementary foods for breast milk, as well as monitoring baby growth. Of all these efforts, the Community Health Center has not yet measured mothers' knowledge and attitudes regarding stunting prevention.

It is known that the health promotion media used by the Pakem Community Health Center for counseling on stunting prevention is only in the form of leaflets which only explain balanced nutrition for toddlers 0 – 24 months. Meanwhile, the pocket book used is entitled "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere, anywhere and read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6).

Mothers' lack of understanding about health, both nutrition before pregnancy and during pregnancy, as well as nutritional intake for toddlers, can be the cause of high stunting rates. The mother's level of knowledge is the key to household management, so it will influence the mother's attitude towards parenting in looking after her child and the selection of food ingredients that are suitable for consumption and contain lots of good nutrition for children (7). If the mother's knowledge is good, the mother will practice it in everyday life, such as when providing food and good quality parenting. So, it can potentially prevent stunting in children (8). Due to the multifaceted nature of the factors, interventions are needed that help mothers prevent stunting in their children's 1000 HPK (First Day of Life).

Green stated that health behavior can be influenced by individual and environmental factors, and therefore there are two main different parts. The first part is PRECEDE and the second part is PROCEED. Furthermore, in this theory it is stated that two factors influence a person's health, namely behavioral factors and factors outside of behavior. Behavioral factors are influenced by three factors, namely; predisposing factors, supporting factors, and driving factors. Predisposing factors can be a person's knowledge, feelings and actions (9).

Health promotion can change a person's actions and help achieve desired goals. These predisposing factors can be improved. Individual perceptions regarding disease are influenced by actions taken such as health education

through the media. Media that can be used in health education can use power point media, flip charts, audiovisual media, leaflets, pocket books and other media (10).

This research used health promotion media, namely a pocket book with the title "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. only and can be read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a form of support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6). Based on the description of the problem and the data that has been obtained, the researcher was eager to know the influence of education using pocket book media on the knowledge and attitudes of mothers of toddlers to prevent stunting in children in the Pakem Sleman Community Health Center working area.

METHOD

Types of research

This type of research is a quasi experiment. It employed a one group pretest-posttest design. It which means one measurement is carried out before the treatment (pre-test) and another measurement (post-test) is carried out after the treatment.

Research Location and Time

This study was located in three villages, namely Candi Binangun Village, Hargo Binangun, and Purwo Binangun. From the three villages, eight hamlets were selected which were taken from each village, namely Nepen, Sembung, Kemptut, Wringin, Kadilobo, Ngipiksari, East Kaliurang and West Kaliurang hamlets. The data collection was carried out in October – November, 2023. This research has received ethical approval from Ahmad Dahlan University Research Ethics Committee with Ethics Approval Number: 012311275.

Population and Sample

The population of this study was 770 mothers who have children aged 0-23 months in the Pakem Community Health Center working area. The sample size was 98 mothers who calculated using the Slovin formula. Hence, this research used cluster sampling to determine the sample size for each village. The sample sizes obtained per cluster were 25 mothers at Candi Binangun, 48 mothers at Hargo Binangun, and 25 mothers at Purwo Binangun for a total of 98 people.

Research Tools and Instruments

The instruments used in this research were pre-test and post-test questionnaires. Hence, the research tools using a pocket book entitled "Healthy Indonesia Free of Stunting" published by the Indonesian Ministry of Health. The knowledge variable questionnaire has 15 question items and the attitude variable has 21 question items which are used after testing validity and reliability. The questionnaire was filled out twice, namely before the intervention was given using pocket book media (pre-test) and after the intervention was given using pocket book media (post-test).

Validity and Reliability Test Results

The results of the validity test of the knowledge variable showed that 10 of the 25 items were declared invalid because the calculated r value $< r$ table. Invalid questions are found in item numbers 1,2, 5, 8, 10, 12, 14, 15, 17, and 23. Invalid questions were not be used in this research. Then, in the results of the questionnaire reliability test, it was found that the Cronbach's alpha of the knowledge variable was 0.740, so the 15 valid items were declared reliable because Cronbach's alpha was > 0.6 . In the results of the validity test of the attitude variable, it was found that 21 items were declared valid because r count $> r$ table. Meanwhile, 4 other items, namely numbers 4, 8, 20 and 25, were declared invalid. Items declared invalid were not be used in this study. So, there are 21 items remaining that are valid and said to be reliable because the Cronbach's alpha results are > 0.6 (0.882).

RESULTS

Characterists of respondents

Table 1 presents the frequency distribution of respondent characteristics including age, education, employment and income. The table shows that the highest number of mothers who have children are late teenagers with an age range of 17-25 years as many as 56 people (57.14%). According to education, the majority of mothers completed senior high school (SMA) education level (68.37%). Hence, only two mothers completed undergraduate level. Based on occupation, the majority of mothers' jobs are housewives (67.35%). And based on income, as many as 56 people (57.14%) earned less than the Sleman district minimum wage (UMK)/less than IDR. 2,315,976.39.

Table 1. Characteristics of Respondents based on Age, Education, Occupation, and Income

Characteritics	Categories	frequency	%
Age	17-25 years old	56	57.14%
	26-45 years old	42	42.86%
Education	Junior high school	13	13.27%
	Senior high school	67	68.37%
	Higher education	18	18.36%
Occupation	Housewife	66	67.35%
	Private sector employee	18	18.37%
	Government employees	9	9.18%
	Enterpreuner	5	5.10%
Income	≤ Sleman district minimum wage	56	57.14%
	≥ Sleman district minimum wage	42	42.86%

Source: Primary data 2023

Univariate Analysis

The level of knowledge and attitude of respondents is shown in Table 2 and Table 3. Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 1. Frequency Distribution of Respondents' Level of Knowledge

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Knowledge	Pre-test	Good	67	68.37%
		Bad	31	31.63%
	Post-test	Good	71	72.45%
		Bad	27	27.55%

Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 2. Frequency Distribution of Respondents' Attitude Levels

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Attitude	Pre-test	Good	51	52.04%
		Not Good	47	47.96%
	Post-test	Good	55	56.12%
		Not Good	43	43.88%

Data collection about the respondents' attitude towards stunting prevention efforts was carried out twice, namely before and after being given a pocket book about stunting prevention. In Table 3 it is known that respondents who had a good attitude increased after being given the pocket book to 55 people with a percentage of 56.12%.

Bivariate Analysis

Bivariate analysis is carried out to find out the relationship between two variables, namely the effectiveness of the media used on mothers' knowledge and attitudes in preventing stunting. The test used is the average difference test of one paired sample. Because the data was not normally distributed, the Wilcoxon Sign Rank Test was used with a P value <0.05 , so it could be interpreted that there were differences in knowledge and attitudes before and after being given the pocket book.

Average Difference in Knowledge of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The results of the average of knowledge of mothers of children under two years old about stunting prevention efforts before being given intervention using pocket book media was 12.95, while the average knowledge of young women after being given intervention using pocket book media about efforts to prevent stunting was 14.01. These results show that there has been an increase in mothers' values or knowledge in efforts to prevent stunting. Table 4 presents the average knowledge of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 3. Average Knowledge of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Knowledge	N	Min	Max	SD	Mean
Pre-test	98	9	15	1.365	12.95
Post-test	98	11	15	0.958	14.01

Based on the method by using the Wilcoxon Signed Rank Test, the values obtained are: mean rank and sum of ranks from the negative ranks, positive ranks and ties groups. Negative ranks are samples with the second group value (post-test) lower than the k group value first (pre-test). Positive ranks are sample with a second group value (post-test) value higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is amount from the ranking (11). Table 5 presents the effectiveness of pocket book media on the knowledge of mothers of children under two years old about efforts to prevent stunting in children.

Table 4. The Effectiveness of Pocket Book Media on the Knowledge of Mothers of Children Under Two Years Old About Efforts to Prevent Stunting in Children

	Providing pocket book media	Mean Rank	Sum of Ranks	N	Normality Test Results	Wilcoxon (sig)
Knowledge	Negative Ranks	18.50	55.50	3	< 0.001	< 0.001
	Positive Ranks	34.73	2222.50	64		
	Ties			31		
	Total			80		

Table 5 reveals a positive rank value was obtained with the number of respondents being 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value of 34.73 and the sum of rank 2222.50. The Wilcoxon test results obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average knowledge of mothers of children under two years old before and after giving pocket book media regarding efforts to prevent stunting in children.

Average Difference in the Attitudes of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The difference in the average attitudes of respondents in Table 6 shows that the average attitude of mothers of children under two years old before being given intervention with pocket book media was 92.24, while the average attitude of mothers of children under two years old after being given intervention with pocket book media increased to 95.88. These results show an increase in mothers' values or attitudes in efforts to prevent stunting after being given intervention using pocket book media. Table 16 presents the average attitude of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 5. Average Attitude of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Attitude	N	Min	Max	SD	Mean
Pre-test	98	77	105	6.221	92.24
Post-test	98	84	105	5.481	95.88

Based on the method using the Wilcoxon Signed Rank Test, the values obtained are mean rank and sum of ranks from the negative ranks, positive ranks, and ties groups. Negative ranks are samples with the second group value (post-test) lower than the first group (pre-test). Positive ranks are samples with the second group value (post-test) higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is the amount from the ranking. Table 7 presents the effectiveness of pocket book media on the attitudes of mothers of children under two years old regarding efforts to prevent stunting in children.

Table 6. Effectiveness of Pocket Book Media on the Attitudes of Mothers of Children Under Two Years Old Regarding Efforts to Prevent Stunting In Children

	Providing pocket books media	Mean Rank	Sum of Rank	N	Normality Test Results	Wilcoxon (sig)
Attitude	Negative Ranks	44.83	134.50	3		
	Positive Ranks	45.01	3870.50	86	< 0.001	< 0.001
	Ties			9		
	Total			98		

Based on Table 7 a positive rank value was obtained for the number of respondents 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value is 44.83 and the sum of rank is 3870.50. The results test Wilcoxon test obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average attitudes of mothers of children under two years old before and after giving pocket book media about efforts to prevent stunting in children.

DISCUSSION

Average Difference in Knowledge Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This study was found that out of a total of 98 respondents, respondents who had knowledge were in the good category after being given intervention with pocket book media, namely 71 mothers (72.45%). This number increased from previously when the pre-test was carried out, only 67 mothers (68.37%) had knowledge in the good category.

Changes also occurred in the mother's average score between the pre-test and post-test. During the post-test, the mother's average knowledge was 12.95, while after the post-test the mother's average knowledge value increased to 14.01. From these results, it was found that the mother's average score increased after being given education using pocket book media about efforts to prevent stunting.

This increase could occur because previously the mother had been given education about stunting from the book and had read the pocket book media given so that the mother could answer the post-test questions well. In line with research by Lusiani et al (2021) which shows an increase in mothers' knowledge before and after providing health education interventions using pocket book media. Because according to Awaluddin (2017), health education can affect the increase of a person's knowledge. The media has an important role in increasing mothers' knowledge because the media has a function as a teaching tool in conveying messages or information about health so that it is more effective to increase mothers' knowledge about stunting (14). Parents, especially mothers, have an important and influential role in fulfilling children's nutrition. To provide good nutrition for children, parents need good knowledge. Mothers who knowledgeable about stunting will definitely encourage mothers to make optimal prevention efforts for their children so that they do not experience stunting (15).

The knowledge measured in this research is explanation and understanding, symptoms, impacts, triggers, and prevention efforts. In line with Lusiani et al (2021) who argue that knowledge about stunting that can be measured in a research questionnaire is the definition, impact, characteristics, causes, prevention efforts and factors that influence the occurrence of stunting. Knowledge is related to education; if someone has a high level of education, the knowledge they have will be more and wider (16). However, according to Afwatunnati et al (2016) this does not mean that people with a low level of education will have little knowledge. Knowledge will increase not only through formal education, but knowledge can be obtained through non-formal education. The results of this study found that the majority of mothers had good knowledge and it can also be seen that the majority of mothers' education was high school. Putri et al., (2022) in their research stated that respondents with the highest level of high school education had good knowledge of stunting prevention.

Average Difference in Attitudes Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This current research revealed that out of a total of 98 respondents, mothers had a good attitude category before being given a promotion health with pocket book media as many as 51 people. This number increased after being given pocket book media to 55 people. Then the average mother's attitude score before giving the pocket book media was 92.24, while after giving health promotion using the pocket book media it was 95.88. From these results it can be seen that there was an improvement in mothers' attitudes after being given pocket book media in an effort to prevent stunting.

These results are in line with research by Raodah et al (2023) which shows that respondents' attitudes improved for the better after providing health promotion using pocket book media. The mother's better attitude could be due to actions taken by respondents by providing health education using pocket books. Notoatmodjo explained that a person's cognitive abilities or knowledge have an important role to influence behavior. Good attitudes and behavior can be formed through good knowledge, so that to improve it can be in the right way, one of which is health education using the media. Therefore, media can be an alternative health education tool to increase knowledge, one of the media that can be used for health promotion is a pocket book (21). So, providing health education with the aim of increasing knowledge, attitudes and actions can be one of the ways in an effort to prevent stunting.

Lawrence Green's theory in Notoatmodjo (2012) states that a person's attitude is included in the predisposing factors that can affect their health behavior. With good knowledge and a positive attitude, good behavior will be reflected. In this research, it is known that the mother's attitude can be one of the factors that influences the behavior of efforts to prevent stunting in children. Seeing the mother's score which is not far from the pre-test score shows that the mother already had a good attitude before being given health education. However, after providing health education regarding efforts to prevent stunting in children, the mother's attitude score increased, indicating that the mother's attitude towards preventing stunting in her children increased.

A person's attitude can be a driving factor in influencing a behavior. The mother's attitude is closely related to the nutritional status of her toddler. Mothers play an important role in fulfilling the nutrition of their toddlers. So, if a mother has a negative attitude, it will affect her negative behavioral actions that will be triggering nutritional problems to her children.

Effectiveness of Health Promotion with Pocket Book Media About Stunting Prevention Efforts on Knowledge and Attitudes

The results of statistical tests using the Wilcoxon Sign Rank test on the knowledge variable obtained a Z value of -6.932 and an asymp. value of sig. 0.000 (< 0.05). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media regarding efforts to prevent stunting in children. Hence, the Wilcoxon Sign Rank test on the attitude variable obtained a Z value of -7.662 and an asymp. value of sig. 0.000 ($p < 0.05$). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media about efforts to prevent stunting in children.

The statistical tests using Wilcoxon showed that there is an influence of pocket book media about efforts to prevent stunting in children on mothers' knowledge and attitudes. It can be concluded that the hypothesis is accepted. This is in line with research by Setyaningsih et al (2022) which shows the influence of health education using pocket books on maternal knowledge. After being given health education intervention using pocket books, the mother's knowledge increased into a good category.

This research used a pocket book from the Indonesian Ministry of Health entitled "*Indonesia Sehat Bebas Stunting*". The pocket book media was chosen because it can contain more information so that it can disseminate information in a relatively short time and can be taken anywhere after being given during the implementation of health promotion so that the mother can re-read the pocket book, so that it can increase the mother's knowledge and attitude in an effort to prevent stunting.

Taamu et al (2020) stated that printed materials are in an important position in health promotion because they can convey straightforward information so that they can be taken anywhere to be read again. The Indonesian Ministry of Health in Kumalasari's research (2015) stated that to strengthen the information provided, the material presented must be powerful or effective both orally and using media when delivering the material. Health education using pocket books is included in health education based on the recipient's senses, namely the method of viewing so that the message will be received by the target through the sense of sight so that the message conveyed can be 83% absorbed and 30% remembered.

The theory that is related to the prevention of disease is known as the five level prevention theory from Leavel and Clark in the book Wijayanti et al (2023). Prevention is a broad service effort, so the service effort is divided into five: Level 1 health improvement and health promotion; Level 2 general and specific prevention; Level 3 early diagnosis and fast and appropriate treatment (early diagnosis and prompt treatment); Level 4 limiting disability (disability limitation); and Level 5 health recovery (rehabilitation). Furthermore, this research is in line with the fivelevel prevention theory at level 1, namely health promotion. Efforts made at level 1 are promotive efforts that are focused on not experiencing or suffering from an illness. Prevention carried out in this research is through health promotion which aims to increase the knowledge and attitudes of young mothers regarding mothers' efforts to prevent stunting in their children. It is hoped that the health promotion that is being held can increase mothers' knowledge and attitudes using pocket book media. Health education, if implemented according to targets and appropriate media, will have an impact on overall prevention and can increase mothers' knowledge and attitudes towards health and can also improve the level of public health (26) .

CONCLUSION

This research revealed that there is an influence of pocket book media in increasing mother's knowledge and attitude. The pocket book is beneficial and effective to promote knowledge and attitude among mothers to prevent stunting. The authors suggest that Health Promotion officers provide counseling using pocket book media from the Indonesian Ministry of Health which is used in this research because this media is effective in increasing mothers'

knowledge and attitudes. Future researchers can use the same media but in different places with bigger sample size to find out the effectiveness of pocket book media in other places.

Acknowledment

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DAFTAR PUSTAKA

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9. Email dan notifikasi di OJS terkait *Letter of Acceptance* (LoA) (21 November 2024)

Fwd: [MPPKI] New notification from Media Publikasi Promosi Kesehatan Indonesia (MPPKI)

4 messages

Mita Rizky <30mitarizky@gmail.com>

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To: "lina.handayani@ikm.uad.ac.id" <lina.handayani@ikm.uad.ac.id>

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Mita Rizky <30mitarizky@gmail.com>

Thu, Apr 10, 2025 at 10:31 AM

To: "lina.handayani@ikm.uad.ac.id" <lina.handayani@ikm.uad.ac.id>

[Quoted text hidden]

LINA HANDAYANI <lina.handayani@ikm.uad.ac.id>

Tue, Apr 15, 2025 at 4:05 PM

To: Tria Nisa Novianti <2308053037@webmail.uad.ac.id>

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Letter of Acceptance (LoA)

X

Participants

Dr. Ahmad Yani (ayanix)

Mita Rizky (mitarizky3006)

Messages

Note	From
Dear Author (s) Lina Handayani, Mita Rizky It's my pleasure to inform you that, after the peer review, your paper The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Are of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months) has been ACCEPTED with content unaltered to publish with MPPKI (Media Publikasi Promosi Kesehatan Indonesia): The Indonesian Journal of Health Promotion in Volume 7 Issue 7 (July 2024). Thank you for making the journal a vehicle for your research interests  ayanix, LoA MPPKI_Lina Handayani, Mita Rizky.pdf	ayanix 2024-05-29 09:02 AM

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Letter of Acceptance

5212/MPPKI-FKMUMPAL/V/2024

Date: 29 May 2024

Media Publikasi Promosi Kesehatan Indonesia (MPPKI)

Dear Author (s)

Lina Handayani, Mita Rizky

It's my pleasure to inform you that, after the peer review, your paper **The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)** has been **ACCEPTED** with content unaltered to publish with MPPKI (Media Publikasi Promosi Kesehatan Indonesia): The Indonesian Journal of Health Promotion in **Volume 7 Issue 7 (July 2024)**.

Thank you for making the journal a vehicle for your research interests



With regards
Yours sincerely



Dr. Ahmad Yani, S.K.M., M.Kes
Editor in Chief

11. Email pemberitahuan naskah telah dikirim ke bagian produksi (29 Mei 2024)

[MPPKI] Editor Decision

3 messages

Dr. Ahmad Yani, S.K.M, M.Kes <jurnal@unismuhpalu.ac.id>

Wed, May 29, 2024 at 9:02 AM

To: Mita Rizky <30mitarizky@gmail.com>, Lina Handayani <lina.handayani@ikm.uad.ac.id>

Mita Rizky, Lina Handayani:

The editing of your submission, "Efektivitas Pocket Book dalam Peningkatan Pengetahuan dan Sikap Pada Ibu Sebagai Upaya Mencegah Stunting di Wilayah Kerja Puskesmas Pakem Sleman: Studi Pada Ibu dengan Bayi Usia 0-23 Bulan," is complete. We are now sending it to production.

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Dr. Ahmad Yani, S.K.M, M.Kes
Faculty of Public Health Universitas Muhammadiyah Palu
ahmadyani@unismuhpalu.ac.id

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Mita Rizky <30mitarizky@gmail.com>

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To: "lina.handayani@ikm.uad.ac.id" <lina.handayani@ikm.uad.ac.id>

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Tanggal: Rab, 29 Mei 2024 pukul 09.02

Subjek: [MPPKI] Editor Decision

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Tue, Apr 15, 2025 at 4:06 PM

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ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki.v7i7.5212>**MPPKI****Media Publikasi Promosi Kesehatan Indonesia**
*The Indonesian Journal of Health Promotion***Research Articles****Open Access**

The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)

Lina Handayani¹, Mita Rizky^{2*}^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia*Author Correspondence: 30mitarizky@gmail.com

ABSTRACT

Introduction: Stunting is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest stunting cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mothers' knowledge and attitudes influence the prevention of stunting, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing stunting by Community Health Centers is still limited in the form of leaflets which only contain material about nutrition for children aged 0 - 24 months, while the pocket book in this study contains nutrition for babies, breastfeeding mothers, and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design employed a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler; Pocket Book; Knowledge; Attitude; Stunting

INTRODUCTION

Stunting or short stature (shortness) is a problem of disturbances in a child's growth which can be caused by poor nutrition, repeated infections and insufficient psychosocial encouragement, so that his height is not ideal and not like his age. This incident can be found by calculating the Z-index score for height according to age (TB/U). If the TB/U Z-index score is below -2 SD (standard deviation) then a person can be said to be stunted. Insufficient nutritional intake can also trigger stunting in children from a quantity and quality perspective, high levels of morbidity or a combination of both. Conditions like this are usually found in countries with low economic conditions (1).

According to WHO, regarding the prevalence of short children under five, it is known that the continent with the highest cases of stunting in the world is Africa with 56.2 million children with a percentage of 31.0% and South-East Asia with 49.8 million children with a percentage of 30.10% (2). Indonesia is the country with the highest prevalence of stunting in South-East Asia apart from Timor Leste, Bangladesh and India, namely 31.0% (3). Stunting is a serious problem that must be addressed immediately. If it is allowed to continue, apart from affecting the child's physical growth, stunting will disrupt the child's cognitive abilities, thereby affecting the child's productivity and intelligence in the future. Another bad consequence of stunting is reducing reproductive health and increasing the risk of obesity. So if this condition is left alone, it will affect human resources in the future (4).

It is known in the Results of the Indonesian Nutrition Status Survey in 2022 (SSGI) that the prevalence of stunting in Indonesia was recorded at 21.6%, this figure has decreased from the previous year, namely 24.4%. Even though there has been a decline, this figure still does not meet the target of reducing the stunting rate in Indonesia by 2024, namely to 14% to meet the WHO standard of less than 20% (5). East Nusa Tenggara Province is the province with the highest stunting rate in Indonesia, namely 35.3%, while Bali is the province with the lowest stunting prevalence rate, namely 8.0% (5).

The results of observations and interviews in June 2023 at the Sleman District Health Service revealed that the highest percentage of stunting cases was at the Pakem Community Health Center with a percentage of 25.5% in 1000 children under five in 2022. The Pakem Community Health Center has 5 sub-districts, namely Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, and Hargo Binangun. Data obtained from the Pakem Community Health Center, Purwo Binangun Village had the highest stunting cases at 68 toddlers, while the lowest village was Harjo Binangun Village with stunting cases at 28 toddlers.

The results preliminary interviews conducted with nutrition workers at the Pakem Sleman Community Health Center revealed that there were 66 babies aged 0 - 23 months who were affected by stunting. There are determinant factors that influence the high number of stunting cases at the Pakem Community Health Center, namely chronic lack of energy, small babies, tuberculosis, and smoking habits. The strategies that have been implemented by the community health center to prevent stunting in babies are providing counseling regarding exclusive breastfeeding, providing immunizations, preparatory counseling before complementary foods for breast milk, training posyandu cadres to become counselors for 1000 first day of birth of babies and before complementary foods for breast milk, as well as monitoring baby growth. Of all these efforts, the Community Health Center has not yet measured mothers' knowledge and attitudes regarding stunting prevention.

It is known that the health promotion media used by the Pakem Community Health Center for counseling on stunting prevention is only in the form of leaflets which only explain balanced nutrition for toddlers 0 – 24 months. Meanwhile, the pocket book used is entitled "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. anywhere and read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6).

Mothers' lack of understanding about health, both nutrition before pregnancy and during pregnancy, as well as nutritional intake for toddlers, can be the cause of high stunting rates. The mother's level of knowledge is the key to household management, so it will influence the mother's attitude towards parenting in looking after her child and the selection of food ingredients that are suitable for consumption and contain lots of good nutrition for children (7). If the mother's knowledge is good, the mother will practice it in everyday life, such as when providing food and good quality parenting. So, it can potentially prevent stunting in children (8). Due to the multifaceted nature of the factors, interventions are needed that help mothers prevent stunting in their children's 1000 HPK (First Day of Life).

Green stated that health behaviour can be influenced by individual and environmental factors, and therefore there are two main different parts. The first part is PRECEDE and the second part is PROCEED. Furthermore, in this theory it is stated that two factors influence a person's health, namely behavioural factors and factors outside of

behavior. Behavioral factors are influenced by three factors, namely; predisposing factors, supporting factors, and driving factors. Predisposing factors can be a person's knowledge, feelings and actions (9).

Health promotion can change a person's actions and help achieve desired goals. These predisposing factors can be improved. Individual perceptions regarding disease are influenced by actions taken such as health education through the media. Media that can be used in health education can use power point media, flip charts, audiovisual media, leaflets, pocket books and other media (10).

This research used health promotion media, namely a pocket book with the title "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. only and can be read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a form of support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6). Based on the description of the problem and the data that has been obtained, the researcher was eager to know the influence of education using pocket book media on the knowledge and attitudes of mothers of toddlers to prevent stunting in children in the Pakem Sleman Community Health Center working area.

METHOD

Types of research

This type of research is a quasi-experiment. It employed a one group pretest-posttest design. It which means one measurement is carried out before the treatment (pre-test) and another measurement (post-test) is carried out after the treatment.

Research Location and Time

This study was located in three villages, namely Candi Binangun Village, Hargo Binangun, and Purwo Binangun. From the three villages, eight hamlets were selected which were taken from each village, namely Nepen, Sembung, Kemput, Wringin, Kadilobo, Ngipiksari, East Kaliurang and West Kaliurang hamlets. The data collection was carried out in October – November, 2023. This research has received ethical approval from Ahmad Dahlan University Research Ethics Committee with Ethics Approval Number: 012311275.

Population and Sample

The population of this study was 770 mothers who have children aged 0-23 months in the Pakem Community Health Center working area. The sample size was 98 mothers who calculated using the Slovin formula. Hence, this research used cluster sampling to determine the sample size for each village. The sample sizes obtained per cluster were 25 mothers at Candi Binangun, 48 mothers at Hargo Binangun, and 25 mothers at Purwo Binangun for a total of 98 people.

Research Tools and Instruments

The instruments used in this research were pre-test and post-test questionnaires. Hence, the research tools using a pocket book entitled "Healthy Indonesia Free of Stunting" published by the Indonesian Ministry of Health. The knowledge variable questionnaire has 15 question items and the attitude variable has 21 question items which are used after testing validity and reliability. The questionnaire was filled out twice, namely before the intervention was given using pocket book media (pre-test) and after the intervention was given using pocket book media (post-test).

Validity and Reliability Test Results

The results of the validity test of the knowledge variable showed that 10 of the 25 items were declared invalid because the calculated r value $< r$ table. Invalid questions are found in item numbers 1,2, 5, 8, 10, 12, 14, 15, 17, and 23. Invalid questions were not be used in this research. Then, in the results of the questionnaire reliability test, it was found that the Cronbach's alpha of the knowledge variable was 0.740, so the 15 valid items were declared reliable because Cronbach's alpha was > 0.6 . In the results of the validity test of the attitude variable, it was found that 21 items were declared valid because r count $> r$ table. Meanwhile, 4 other items, namely numbers 4, 8, 20 and 25, were declared invalid. Items declared invalid were not be used in this study. So, there are 21 items remaining that are valid and said to be reliable because the Cronbach's alpha results are > 0.6 (0.882).

RESULTS

Characteristics of respondents

Table 1 presents the frequency distribution of respondent characteristics including age, education, employment and income. The table shows that the highest number of mothers who have children are late teenagers with an age range of 17-25 years as many as 56 people (57.14%). According to education, the majority of mothers completed senior high school (SMA) education level (68.37%). Hence, only two mothers completed undergraduate level. Based on occupation, the majority of mothers' jobs are housewives (67.35%). And based on income, as many as 56 people (57.14%) earned less than the Sleman district minimum wage (UMK)/less than IDR. 2,315,976.39.

Table 1. Characteristics of Respondents based on Age, Education, Occupation, and Income

Characteristics	Categories	frequency	%
Age	17-25 years old	56	57.14%
	26-45 years old	42	42.86%
Education	Junior high school	13	13.27%
	Senior high school	67	68.37%
	Higher education	18	18.36%
Occupation	Housewife	66	67.35%
	Private sector employee	18	18.37%
	Government employees	9	9.18%
	Entrepreneur	5	5.10%
Income	≤ Sleman district minimum wage	56	57.14%
	≥ Sleman district minimum wage	42	42.86%

Source: Primary data 2023

Univariate Analysis

The level of knowledge and attitude of respondents is shown in Table 2 and Table 3. Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 1. Frequency Distribution of Respondents' Level of Knowledge

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Knowledge	Pre-test	Good	67	68.37%
		Bad	31	31.63%
	Post-test	Good	71	72.45%
		Bad	27	27.55%

Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 2. Frequency Distribution of Respondents' Attitude Levels

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Attitude	Pre-test	Good	51	52.04%
		Not Good	47	47.96%
	Post-test	Good	55	56.12%
		Not Good	43	43.88%

Data collection about the respondents' attitude towards stunting prevention efforts was carried out twice, namely before and after being given a pocket book about stunting prevention. In Table 3 it is known that respondents who had a good attitude increased after being given the pocket book to 55 people with a percentage of 56.12%.

Bivariate Analysis

Bivariate analysis is carried out to find out the relationship between two variables, namely the effectiveness of the media used on mothers' knowledge and attitudes in preventing stunting. The test used is the average difference test of one paired sample. Because the data was not normally distributed, the Wilcoxon Sign Rank Test was used with a P value <0.05 , so it could be interpreted that there were differences in knowledge and attitudes before and after being given the pocket book.

Average Difference in Knowledge of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The results of the average of knowledge of mothers of children under two years old about stunting prevention efforts before being given intervention using pocket book media was 12.95, while the average knowledge of young women after being given intervention using pocket book media about efforts to prevent stunting was 14.01. These results show that there has been an increase in mothers' values or knowledge in efforts to prevent stunting. Table 4 presents the average knowledge of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 3. Average Knowledge of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Knowledge	N	Min	Max	SD	Mean
Pre-test	98	9	15	1.365	12.95
Post-test	98	11	15	0.958	14.01

Based on the method by using the Wilcoxon Signed Rank Test, the values obtained are: mean rank and sum of ranks from the negative ranks, positive ranks and ties groups. Negative ranks are samples with the second group value (post-test) lower than the k group value first (pre-test). Positive ranks are sample with a second group value (post-test) value higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is amount from the ranking (11). Table 5 presents the effectiveness of pocket book media on the knowledge of mothers of children under two years old about efforts to prevent stunting in children.

Table 4. The Effectiveness of Pocket Book Media on the Knowledge of Mothers of Children Under Two Years Old About Efforts to Prevent Stunting in Children

	Providing pocket book media	Mean Rank	Sum of Ranks	N	Normality Test Results	Wilcoxon (sig)
Knowledge	Negative Ranks	18.50	55.50	3	< 0.001	< 0.001
	Positive Ranks	34.73	2222.50	64		
	Ties			31		
	Total			80		

Table 5 reveals a positive rank value was obtained with the number of respondents being 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value of 34.73 and the sum of rank 2222.50. The Wilcoxon test results obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average knowledge of mothers of children under two years old before and after giving pocket book media regarding efforts to prevent stunting in children.

Average Difference in the Attitudes of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The difference in the average attitudes of respondents in Table 6 shows that the average attitude of mothers of children under two years old before being given intervention with pocket book media was 92.24, while the average attitude of mothers of children under two years old after being given intervention with pocket book media increased to 95.88. These results show an increase in mothers' values or attitudes in efforts to prevent stunting after being given intervention using pocket book media. Table 16 presents the average attitude of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 5. Average Attitude of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Attitude	N	Min	Max	SD	Mean
Pre-test	98	77	105	6.221	92.24
Post-test	98	84	105	5.481	95.88

Based on the method using the Wilcoxon Signed Rank Test, the values obtained are mean rank and sum of ranks from the negative ranks, positive ranks, and ties groups. Negative ranks are samples with the second group value (post-test) lower than the first group (pre-test). Positive ranks are samples with the second group value (post-test) higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is the amount from the ranking. Table 7 presents the effectiveness of pocket book media on the attitudes of mothers of children under two years old regarding efforts to prevent stunting in children.

Table 6. Effectiveness of Pocket Book Media on the Attitudes of Mothers of Children Under Two Years Old Regarding Efforts to Prevent Stunting In Children

	Providing pocket books media	Mean Rank	Sum of Rank	N	Normality Test Results	Wilcoxon (sig)
Attitude	Negative Ranks	44.83	134.50	3		
	Positive Ranks	45.01	3870.50	86	< 0.001	< 0.001
	Ties			9		
	Total			98		

Based on Table 7 a positive rank value was obtained for the number of respondents 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value is 44.83 and the sum of rank is 3870.50. The results test Wilcoxon test obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average attitudes of mothers of children under two years old before and after giving pocket book media about efforts to prevent stunting in children.

DISCUSSION

Average Difference in Knowledge Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This study was found that out of a total of 98 respondents, respondents who had knowledge were in the good category after being given intervention with pocket book media, namely 71 mothers (72.45%). This number increased from previously when the pre-test was carried out, only 67 mothers (68.37%) had knowledge in the good category. Changes also occurred in the mother's average score between the pre-test and post-test. During the post-test, the mother's average knowledge was 12.95, while after the post-test the mother's average knowledge value increased to 14.01. From these results, it was found that the mother's average score increased after being given education using pocket book media about efforts to prevent stunting.

This increase could occur because previously the mother had been given education about stunting from the book and had read the pocket book media given so that the mother could answer the post-test questions well. In line with research by (2) which shows an increase in mothers' knowledge before and after providing health education interventions using pocket book media. Because according to (3) health education can affect the increase of a person's knowledge. The media has an important role in increasing mothers' knowledge because the media has a function as a teaching tool in conveying messages or information about health so that it is more effective to increase mothers' knowledge about stunting (14). Parents, especially mothers, have an important and influential role in fulfilling children's nutrition. To provide good nutrition for children, parents need good knowledge. Mothers who

knowledgeable about stunting will definitely encourage mothers to make optimal prevention efforts for their children so that they do not experience stunting (15) .

The knowledge measured in this research is explanation and understanding, symptoms, impacts, triggers, and prevention efforts. In line with (2) who argue that knowledge about stunting that can be measured in a research questionnaire is the definition, impact, characteristics, causes, prevention efforts and factors that influence the occurrence of stunting. Knowledge is related to education; if someone has a high level of education, the knowledge they have will be more and wider (16) . However, according to (7) this does not mean that people with a low level of education will have little knowledge. Knowledge will increase not only through formal education, but knowledge can be obtained through non-formal education. The results of this study found that the majority of mothers had good knowledge and it can also be seen that the majority of mothers' education was high school. (8) in their research stated that respondents with the highest level of high school education had good knowledge of stunting prevention.

Average Difference in Attitudes Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This current research revealed that out of a total of 98 respondents, mothers had a good attitude category before being given a promotion health with pocket book media as many as 51 people. This number increased after being given pocket book media to 55 people. Then the average mother's attitude score before giving the pocket book media was 92.24, while after giving health promotion using the pocket book media it was 95.88. From these results it can be seen that there was an improvement in mothers' attitudes after being given pocket book media in an effort to prevent stunting.

These results are in line with research (9) which shows that respondents' attitudes improved for the better after providing health promotion using pocket book media. The mother's better attitude could be due to actions taken by respondents by providing health education using pocket books. Notoatmodjo explained that a person's cognitive abilities or knowledge have an important role to influence behavior. Good attitudes and behavior can be formed through good knowledge, so that to improve it can be in the right way, one of which is health education using the media. Therefore, media can be an alternative health education tool to increase knowledge, one of the media that can be used for health promotion is a pocket book (21) . So, providing health education with the aim of increasing knowledge, attitudes and actions can be one of the ways in an effort to prevent stunting.

Lawrence Green's theory in (10) states that a person's attitude is included in the predisposing factors that can affect their health behavior. With good knowledge and a positive attitude, good behavior will be reflected. In this research, it is known that the mother's attitude can be one of the factors that influences the behavior of efforts to prevent stunting in children. Seeing the mother's score which is not far from the pre-test score shows that the mother already had a good attitude before being given health education. However, after providing health education regarding efforts to prevent stunting in children, the mother's attitude score increased, indicating that the mother's attitude towards preventing stunting in her children increased.

A person's attitude can be a driving factor in influencing a behavior. The mother's attitude is closely related to the nutritional status of her toddler. Mothers play an important role in fulfilling the nutrition of their toddlers. So, if a mother has a negative attitude, it will affect her negative behavioral actions that will be triggering nutritional problems to her children.

Effectiveness of Health Promotion with Pocket Book Media About Stunting Prevention Efforts on Knowledge and Attitudes

The results of statistical tests using the Wilcoxon Sign Rank test on the knowledge variable obtained a Z value of - 6.932 and an asymp. value of sig. 0.000 (< 0.05). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media regarding efforts to prevent stunting in children. Hence, the Wilcoxon Sign Rank test on the attitude variable obtained a Z value of - 7.662 and an asymp. value of sig. 0.000 ($p < 0.05$). Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media about efforts to prevent stunting in children.

The statistical tests using Wilcoxon showed that there is an influence of pocket book media about efforts to prevent stunting in children on mothers' knowledge and attitudes. It can be concluded that the hypothesis is accepted. This is in line with research by Setiyaningsih et al (2022) which shows the influence of health education using pocket books on maternal knowledge. After being given health education intervention using pocket books, the mother's knowledge increased into a good category.

This research used a pocket book from the Indonesian Ministry of Health entitled "*Indonesia Sehat Bebas Stunting*". The pocket book media was chosen because it can contain more information so that it can disseminate information in a relatively short time and can be taken anywhere after being given during the implementation of

health promotion so that the mother can re-read the pocket book, so that it can increase the mother's knowledge and attitude in an effort to prevent stunting.

Taamu et al (2020) stated that printed materials are in an important position in health promotion because they can convey straightforward information so that they can be taken anywhere to be read again. The Indonesian Ministry of Health in Kumalasari's research (2015) stated that to strengthen the information provided, the material presented must be powerful or effective both orally and using media when delivering the material. Health education using pocket books is included in health education based on the recipient's senses, namely the method of viewing so that the message will be received by the target through the sense of sight so that the message conveyed can be 83% absorbed and 30% remembered.

The theory that is related to the prevention of disease is known as the five level prevention theory from Leavel and Clark in the book (15) Prevention is a broad service effort, so the service effort is divided into five: Level 1 health improvement and health promotion; Level 2 general and specific prevention; Level 3 early diagnosis and fast and appropriate treatment (early diagnosis and prompt treatment); Level 4 limiting disability (disability limitation); and Level 5 health recovery (rehabilitation). Furthermore, this research is in line with the fivelevel prevention theory at level 1, namely health promotion. Efforts made at level 1 are promotive efforts that are focused on not experiencing or suffering from an illness. Prevention carried out in this research is through health promotion which aims to increase the knowledge and attitudes of young mothers regarding mothers' efforts to prevent stunting in their children. It is hoped that the health promotion that is being held can increase mothers' knowledge and attitudes using pocket book media. Health education, if implemented according to targets and appropriate media, will have an impact on overall prevention and can increase mothers' knowledge and attitudes towards health and can also improve the level of public health (26) .

CONCLUSION

This research revealed that there is an influence of pocket book media in increasing mother's knowledge and attitude. The pocket book is beneficial and effective to promote knowledge and attitude among mothers to prevent stunting. The authors suggest that Health Promotion officers provide counseling using pocket book media from the Indonesian Ministry of Health which is used in this research because this media is effective in increasing mothers' knowledge and attitudes. Future researchers can use the same media but in different places with bigger sample size to find out the effectiveness of pocket book media in other places.

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