



UNIVERSITAS ANDALAS

**PENGARUH EDUKASI GIZI MEDIA BOOKLET TENTANG ISI
PIRINGKU TERHADAP PERUBAHAN PENGETAHUAN DAN SIKAP
IBU BADUTA UNTUK PENCEGAHAN STUNTING DI WILAYAH
KERJA PUSKESMAS IKUR KOTO**

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FAKULTAS KESEHATAN MASYARAKAT

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Skripsi, Oktober 2023
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xi + 81 halaman, 14 tabel, 3 gambar, dan 10 lampiran

ABSTRAK

Pendahuluan

Salah satu cara pencegahan stunting adalah program gizi seimbang yang mana di dalam program tersebut terdapat program yang namanya isi piringku. Tujuan penelitian ini adalah untuk mengetahui pengaruh edukasi gizi media booklet tentang isi piringku terhadap perubahan pengetahuan dan sikap ibu baduta untuk pencegahan stunting.

Metode

Jenis penelitian ini adalah quasi eksperimen *pre-test and pos-test with control group*. Penelitian dilakukan di wilayah kerja puskesmas Ikur Koto dari bulan April-Oktober 2023. Sampel berjumlah 20 orang ibu baduta untuk setiap kelompok yang diambil dengan teknik *Purposive Sampling*. Analisis data menggunakan *Paired Sample t-Test*, *Wilcoxon*, dan *Mann Whitney*.

Hasil

Hasil penelitian didapatkan bahwa terdapat perbedaan rerata pengetahuan dan sikap ibu baduta sebelum dan sesudah edukasi pada kelompok intervensi ditandai dengan $p\text{-value}=0,0001$ untuk pengetahuan dan $p\text{-value}=0,0001$ untuk sikap. Terdapat perbedaan rerata sikap ibu baduta sebelum dan sesudah edukasi pada kelompok kontrol ditandai dengan $p\text{-value}=0,004$, namun tidak terdapat perbedaan rerata pengetahuan sebelum dan sesudah edukasi pada kelompok kontrol ditandai dengan $p\text{-value}=0,085$. Hasil penelitian juga menunjukkan bahwa terdapat perbedaan pengetahuan dan sikap antara kelompok intervensi dan kontrol ditandai dengan $p\text{-value}=0,0001$ untuk pengetahuan dan $p\text{-value}=0,0001$ untuk sikap. Sehingga dapat disimpulkan bahwa pemberian edukasi dengan media booklet dapat mempengaruhi perubahan pengetahuan dan sikap ibu baduta.

Kesimpulan

Pemberian edukasi gizi media booklet tentang isi piringku berpengaruh terhadap perubahan pengetahuan dan sikap ibu baduta untuk pencegahan stunting. Diharapkan kepada puskesmas dapat memanfaatkan booklet sebagai media alternatif dalam memberikan edukasi.

Daftar Pustaka : 62 (2007 – 2023)

Kata Kunci :Booklet, Edukasi, Isi Piringku, Pengetahuan, Sikap, Stunting

**FACULTY OF PUBLIC HEALTH
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THE EFFECT OF NUTRITION EDUCATION MEDIA BOOKLETS ABOUT THE CONTENTS OF MY PLATE ON CHANGES IN MOTHERS OF YOUNG CHILDREN KNOWLEDGE AND ATTITUDES FOR STUNTING PREVENTION IN THE WORKING AREA OF THE IKUR KOTO HEALTH CENTER

xi + 81 pages, 14 tables, 3 pictures, 10 appendices

ABSTRACT

Introduction

One way to prevent stunting is through a balanced nutrition program, such as the “Fill My Plate” program. The aim of this research is to determine the effect of nutritional education in booklet media about the contents of “My Plate” on changes in the knowledge and attitudes of mothers to prevent stunting.

Method

This research follows a quasi-experimental pre-test and pos-test design with a control group. The study was conducted in the working area of the Ikur Koto health center from April to Oktober 2023. A sample of 20 mothers of young children for each group was selected using the Purposive Sampling technique. Data analysis employed Paired Sample t-Test, Wilcoxon, and Mann Whitney tests.

Research Findings

The results of the research indicate that there was a significant difference in the average knowledge and attitudes of mothers of young children before and after education in the intervention group, as demonstrated by p-values of 0.0001 for knowledge and 0.0001 for attitudes. In the control group, there was a difference in the average attitude of mothers of young children before and after education, as indicated by a p-value of 0.004, but there was no significant difference in the average knowledge of before and after education with a p-value of 0.085. These findings demonstrate differences in the knowledge and attitudes of mothers of young children between the intervention and control groups, with by p-values of 0.0001 for knowledge and 0.0001 for attitudes. Therefore, it can be concluded that providing education using booklet media can influence changes in the knowledge and attitudes of mothers of young children.

Kesimpulan

Providing nutritional education through booklet media about the contents of “My Plate” has a positive effect on changing the knowledge and attitudes of young women to prevent stunting. It is hoped that community health centers can utilize booklets as an alternative medium for providing education.

Daftar Pustaka : 62 (2007 – 2023)

Kata Kunci : Attitude, Booklet, Education, Fill My Plate, Knowledge, Stunting