



UNIVERSITAS ANDALAS

**PENGARUH EDUKASI GIZI MENGGUNAKAN *BOOKLET*
TERHADAP PENINGKATAN PENGETAHUAN DAN
SIKAP IBU BADUTA USIA 6-23 BULAN TENTANG
MP-ASI LOKAL UNTUK PENCEGAHAN
STUNTING DI WILAYAH KERJA
PUSKESMAS ANDALAS**

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**FAKULTAS KESEHATAN MASYARAKAT
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**PENGARUH EDUKASI GIZI MENGGUNAKAN *BOOKLET* TERHADAP
PENINGKATAN PENGETAHUAN DAN SIKAP IBU BADUTA USIA 6-23
BULAN TENTANG MP-ASI LOKAL UNTUK PENCEGAHAN *STUNTING* DI
WILAYAH KERJA PUSKESMAS ANDALAS**

xiii + 107 halaman, 19 tabel, 6 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui pengaruh edukasi gizi menggunakan media *booklet* terhadap peningkatan pengetahuan dan sikap ibu baduta usia 6-23 bulan mengenai MP-ASI lokal untuk pencegahan *stunting* di wilayah kerja Puskesmas Andalas.

Metode

Jenis penelitian ini merupakan *quasi experiment* dengan desain *nonequivalent control group design*. Penelitian dilaksanakan di wilayah kerja Puskesmas Andalas dari bulan Januari-Juli 2024. Sampel penelitian merupakan ibu baduta usia 6-23 bulan dengan jumlah 25 orang untuk setiap kelompok yang diambil dengan teknik *purposive sampling*. Analisis data menggunakan *Paired Sample t-Test*, *Wilcoxon*, *Mann-Whitney*, dan *Gain*.

Hasil

Hasil dari penelitian menunjukkan bahwa terdapat perbedaan rerata skor pengetahuan ($p\text{-value}=0,001$) dan sikap ($p\text{-value}=0,001$) pada kelompok intervensi sebelum dan sesudah diberikan perlakuan. Terdapat perbedaan rerata skor pengetahuan ($p\text{-value}=0,001$) dan sikap ($p\text{-value}=0,001$) antara kelompok intervensi dan kelompok kontrol sebelum dan sesudah diberikan edukasi gizi. Efektivitas *booklet* sebagai media edukasi terhadap perubahan pengetahuan = 0,31 (sedang) dan perubahan sikap = 0,11 (rendah) pada ibu baduta usia 6-23 bulan di wilayah kerja Puskesmas Andalas.

Kesimpulan

Pemberian edukasi menggunakan *booklet* berpengaruh terhadap peningkatan pengetahuan dan sikap ibu baduta usia 6-23 bulan tentang MP-ASI lokal untuk pencegahan *stunting*.

Daftar Pustaka : 126 (2003-2024)

Kata Kunci : *booklet*, MP-ASI, pengetahuan, sikap, *stunting*

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

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***THE EFFECT OF NUTRITION EDUCATION USING BOOKLET ON
INCREASING THE KNOWLEDGE AND ATTITUDES OF MOTHERS OF
CHILDREN AGED 6-23 MONTHS ABOUT LOCAL COMPLEMENTARY
FOODS FOR STUNTING PREVENTION IN THE WORKING AREA OF
ANDALAS HEALTH CENTER***

xiii + 107 pages, 19 tables, 6 pictures, 11 appendices

ABSTRACT

Objective

This study aims to determine the effects of nutrition education using local complementary food's booklet on increasing the knowledge and attitudes of mothers with children aged 6-23 months regarding local complementary foods to prevent stunting in the working area of Andalas Public Health Center.

Method

This type of research is quasi-experiment with nonequivalent control group design. This research was conducted in Andalas Public Health Center's working area in January-July 2024. The sample consisted of 25 mother's of children aged 6-23 months for each group taken by purposive sampling technique. Data were analyzed using Paired Sample t-Test, Wilcoxon, Mann-Whitney, and Gain,

Result

The results showed that there was a significant difference in the average score of knowledge (p-value=0,001) and attitude (p-value=0,001) in intervention group before and after intervention. There was a significant difference in the average score of knowledge (p-value=0,001) and attitude (p-value=0,001) between the intervention group and control group before and after nutrition education. The effectiveness of booklet as educational media on knowledge change = 0,31 (medium) and attitude change = 0,11 (low) among mothers of children aged 6-23 months in the working area of Andalas Health Center.

Conclusion

Nutrition education using booklet affects on increasing the knowledge and attitude of mothers with children aged 6-23 months about local complementary foods for the prevention of stunting.

References : 126 (2003-2024)

Keywords : attitude, booklet, complementary feeding, knowledge, stunting