



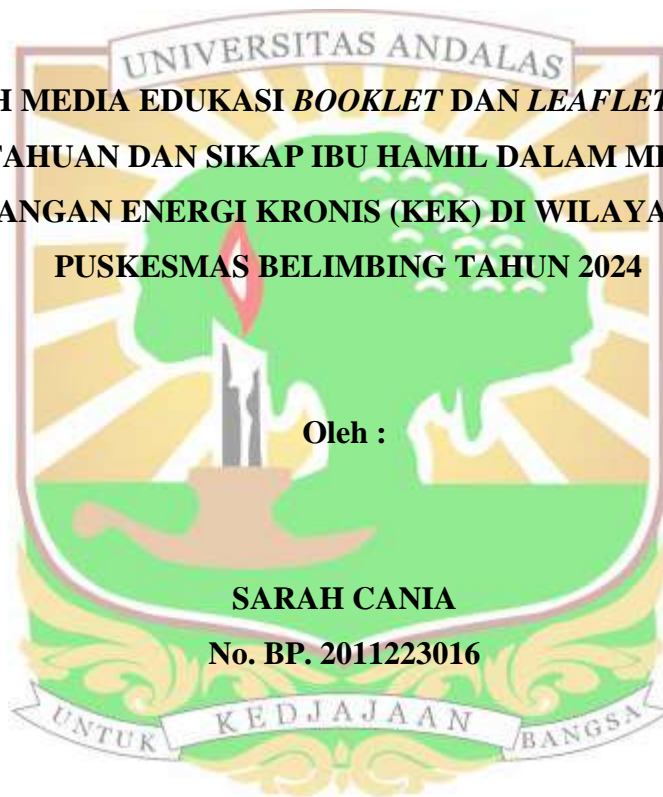
**UNIVERSITAS ANDALAS**

**PENGARUH MEDIA EDUKASI *BOOKLET* DAN *LEAFLET* TERHADAP  
PENGETAHUAN DAN SIKAP IBU HAMIL DALAM MENCEGAH  
KEKURANGAN ENERGI KRONIS (KEK) DI WILAYAH KERJA  
PUSKESMAS BELIMBING TAHUN 2024**

**Oleh :**

**SARAH CANIA**

**No. BP. 2011223016**



**Diajukan Sebagai Salah Satu Syarat untuk Mendapatkan Gelar Sarjana Gizi**

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS  
PADANG, 2024**

**FAKULTAS KESEHATAN MASYARAKAT  
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**Skripsi, Juli 2024**

**SARAH CANIA, No.BP.2011223016**

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xiii + 100 halaman, 21 tabel, 4 gambar, 11 lampiran

**ABSTRAK**

**Tujuan**

Tujuan penelitian ini untuk mengetahui pengaruh media edukasi *booklet* dan *leaflet* terhadap pengetahuan dan sikap ibu hamil dalam mencegah kekurangan energi kronis (KEK) di wilayah kerja Puskesmas Belimbing tahun 2024.

**Metode**

Jenis penelitian ini adalah *quasy eksperimen pretest-posttest with control group design*. Penelitian dilakukan di Puskesmas Belimbing pada bulan Februari - Juli 2024. Sampel terdiri dari 69 ibu hamil setiap kelompok dengan menggunakan teknik purposive sampling. Analisis data yang digunakan dalam penelitian ini adalah uji *Paired Sample t-Test* dan uji *N- Gain Score*.

**Hasil**

Hasil uji statistik diperoleh adanya perbedaan rerata skor pengetahuan kelompok *booklet* (*p-value* 0,001), *leaflet* (*p-value* 0,001) dan kontrol (*p-value* 0,00), (*p-value*<0,05) yang artinya terdapat perbedaan yang signifikan antara hasil pengetahuan pada saat *pre-test* dan *post-test* pada kelompok *booklet*, *leaflet*, dan kontrol. Hasil uji statistik diperoleh adanya perbedaan rerata skor sikap kelompok *booklet* (*p-value* 0,084), *leaflet* (*p-value* 0,00) dan kontrol (*p-value* 0,465) (*p-value*>0,05) yang artinya tidak terdapat perbedaan yang signifikan antara hasil sikap pada saat *pre-test* dan *post-test* pada kelompok *booklet* dan kontrol, tetapi terdapat perbedaan yang signifikan antara hasil sikap pada *pre-test* dan *post-test* pada kelompok *leaflet*.

**Kesimpulan**

Pemberian edukasi menggunakan media *booklet* kurang efektif daripada media *leaflet* dan kontrol yang tidak efektif terhadap pengetahuan ibu hamil dalam mencegah KEK.

**Daftar Pustaka** : 61 (2007-2023)

**Kata Kunci** : *Booklet*, Edukasi, Ibu Hamil, Kekurangan Energi Kronis, *Leaflet*, Pengetahuan, Sikap.

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

**Undergraduate Thesis, July 2024  
SARAH CANIA, No.BP.2011223016**

**THE EFFECT OF BOOKLET AND LEAFLET EDUCATIONAL MEDIA ON  
THE KNOWLEDGE AND ATTITUDES OF PREGNANT WOMEN IN  
PREVENTING CHRONIC ENERGY DEFICIENCY (CED) AT BELIMBING  
HEALTH CENTER IN 2024**

xiii + 100 pages, 21 tables, 4 figures, 11 appendices

**ABSTRACT**

**Objective**

Providing education is the right strategy to increase the knowledge and attitudes of pregnant women. The aim of this research is to determine the effect of booklet and leaflet educational media on the knowledge and attitudes of pregnant women in preventing chronic energy deficiency (CED) in the working area of the Belimbing Community Health Center in 2024.

**Method**

This type of research is a quasi-experimental pretest-posttest with control group design. The research was conducted at the Belimbing Community Health Center in February - July 2024. The sample consisted of 69 pregnant women in each group using a purposive sampling technique. Data analysis used in this research is the Paired Sample t-Test and the N-Gain Score test.

**Result**

The results of statistical tests showed that there was a difference in the mean knowledge scores of the booklet (p-value 0.001), leaflet (p-value 0.001) and control (p-value 0.00) groups, (p-value <0.05), which means that there was a significant difference. significant between the knowledge results during the pre-test and post-test in the booklet, leaflet and control groups. The results of statistical tests showed that there was a difference in the mean attitude scores of the booklet (p-value 0.084), leaflet (p-value 0.00) and control (p-value 0.465) groups (p-value > 0.05), which means there was no significant difference. significant between the attitude results during the pre-test and post-test in the booklet and control groups, but there was a significant difference between the attitude results in the pre-test and post-test in the leaflet group.

**Conclusion**

Providing education using booklet media is less effective than leaflet media and control is ineffective on pregnant women's knowledge in preventing CED.

**References** : 61 (2007-2023)

**Keywords** : Attitudes, Booklets, Chronic Energy Deficiency, Education, Knowledge, Leaflets, Pregnant Women.