

EFFECTIVENESS OF NUTRITION COUNSELING USING VIDEO AND LEAFLET MEDIA ON INCREASING MATERNAL KNOWLEDGE IN STUNTING PREVENTION

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ABSTRACT

Background: SSGI in 2022 shows that the prevalence of stunting in Indonesia is 21,6%. The role of mothers is very important to prevent stunting toddlers. Nutrition counseling uses media as an effort to overcome the problem of stunting.

Objective: Discovering the effectiveness of nutrition counseling on maternal knowledge about stunting

Method: A quasy experiment using pre post test design with control group design. The research will be conducted around March-April 2024 in two village located in Sleman Regency. The intervention was carried out in Sendangrejo Village while the control was being at Sendangagung Village, Minggir District, Special Region of Yogyakarta, Indonesia. The research sample of 70 people was divided into two groups, with the inclusion criteria of related villagers, who were pregnant, willing to be respondents, and attended at the research. The intervention provided was in the form of nutrition counseling using video media, whereas a leaflet was given to the control group. Each group was given 30 minutes of material about stunting delivered directly by nutrition students. Both group then continue to follow up the consultation for a week using WhatsApp Group as a platform. The outcome variable are the pre and post knowledge score obtained through a structured questionnaire. Data analysis was carried out to determine the difference in the increase of inter and inter-treatment group knowledge scores with a GIS level of 95%.

Results: Knowledge scores in the pre and post intervention groups were 40.24 and 44.07 while those in control group achieve the result at 26.93 and 30.76. There was an increase in mean knowledge scores in both the pre and post groups and it was statistically meaningful ($p < 0.05$).

Conclusion: Nutrition counseling on stunting for kid mother can improve their knowledge scores. This study also concluded that nutrition counseling interventions with video and leaflet media were equally effective in increasing the knowledge of mothers of toddlers against stunting.

Keywords: stunting, video, leaflet, knowledge, mother

EFEKTIVITAS PENYULUHAN GIZI MENGGUNAKAN MEDIA VIDEO DAN *LEAFLET* TERHADAP PENINGKATAN PENGETAHUAN IBU DALAM PENANGGULANGAN STUNTING

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ABSTRAK

Latar Belakang: SSGI tahun 2022 menunjukkan prevalensi stunting di Indonesia sebesar 21,6%. Peran ibu sangat penting untuk mencegah balita stunting. Penyuluhan gizi menggunakan media sebagai upaya mengatasi masalah stunting.

Tujuan: Mengetahui efektivitas penyuluhan gizi terhadap pengetahuan ibu mengenai stunting

Metode: A *quasy exsperiment* dengan rancangan *pre post test with control group design*. Penelitian dilaksanakan pada bulan Maret-April 2024 di 2 Desa di Kabupaten Sleman. Intervensi dilakukan di Desa Sendangrejo sedangkan kontrol di Desa Sendangagung, Kecamatan Minggir, Daerah Istimewa Yogyakarta, Indonesia. Sampel penelitian sebanyak 70 orang terbagi dalam 2 kelompok, dengan kriteria inklusi penduduk desa terkait, sudah hamil, bersedia menjadi responden, dan hadir saat penelitian. Intervensi yang diberikan berupa penyuluhan gizi dengan media video, sedangkan kelompok kontrol diberikan *leaflet*. Setiap kelompok diberi waktu 30 menit dengan materi tentang stunting yang disampaikan langsung oleh mahasiswa gizi. Kedua kelompok di *follow-up* selama 1 minggu dengan *WhatsApp Group*. Variabel *outcome* adalah skor pengetahuan *pre dan post* yang diperoleh melalui kuesioner terstruktur. Analisis data dilakukan untuk mengetahui perbedaan peningkatan skor pengetahuan inter dan antar kelompok perlakuan dengan taraf sig 95%.

Hasil: Skor pengetahuan pada kelompok intervensi *pre dan post* adalah 40,24, 44,07, sedangkan pada kelompok kontrol adalah 26,93, 30,76. Terdapat peningkatan *mean* skor pengetahuan pada kedua kelompok pada *pre dan post* dan secara statistik bermakna ($p < 0,05$).

Kesimpulan: Penyuluhan gizi tentang stunting pada ibu balita dapat meningkatkan skor pengetahuan. Penelitian ini juga menyimpulkan bahwa intervensi penyuluhan gizi dengan media video dan *leaflet* sama sama efektif dalam meningkatkan pengetahuan ibu balita terhadap stunting.

Kata Kunci: *Stunting, Video, Leaflet, Pengetahuan, Ibu*

