

**THE EFFECTIVENESS OF USAGE CCS E-BOOKLET
(CATIN CEGAH STUNTING) AS A MEDIA FOR NUTRITIONAL
EDUCATION ON KNOWLEDGE AND ATTITUDES OF
PROSPECTIVE BRIDES IN GODEAN DISTRICT**

Zenia Pramesty¹, Irianton Aritonang², Siti Budi Utami³
¹²³Nutrition Department Of Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email: pramestyzenia7@gmail.com

ABSTRACT

Background: The results of the Indonesian Nutrition Status Survey (SSGI) show that the prevalence of stunting in 2022 is 21.6% (2024 RPJMN target: 14%). Stunting is very important to prevent because it has a serious impact on the quality of Indonesia's human resources. Prospective brides can be a strategic target group in efforts to improve health before pregnancy. Nutritional education using media as a tool can be carried out as an intervention to prevent stunting.

Objective: To determine the effectiveness of using the CCS (CatIn Cegah Stunting) e-booklet compared to e-leaflets as a media for nutrition education on the knowledge and attitudes of prospective brides and grooms regarding stunting.

Method: This type of research is a quasi experiment with a Pre-post Test With Control Group Design. There are two groups in this research, namely the experimental group (e-booklet) and the control group (e-leaflet). The sampling technique was purposive sampling. The number of research samples was 25 people in each group.

Results: The results of the study showed that there was an increase in the knowledge and attitudes of prospective brides and grooms before and after being given nutrition education using media e-booklet and e-leaflet. This research also shows that e-booklets and e-leaflets have the same level of effectiveness in increasing prospective brides' knowledge and attitudes about stunting.

Conclusion: There is an increase in knowledge and attitudes of prospective brides and grooms after being given nutrition education using e-booklets and e-leaflets. Both media, namely e-booklets and e-leaflets, have the same effectiveness in increasing knowledge and attitudes of prospective brides about stunting.

Keywords: e-booklet, e-leaflet, nutrition education, stunting, prospective bride

**EFEKTIVITAS PENGGUNAAN *E-BOOKLET* CCS
(CATIN CEGAH *STUNTING*) SEBAGAI MEDIA EDUKASI GIZI
TERHADAP PENGETAHUAN DAN SIKAP
CALON PENGANTIN WANITA DI KECAMATAN GODEAN**

Zenia Pramesty¹, Irianton Aritonang², Siti Budi Utami³
¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email: pramestyzenia7@gmail.com

ABSTRAK

Latar Belakang: Hasil Survei Status Gizi Indonesia (SSGI) menunjukkan prevalensi stunting tahun 2022 sebesar 21,6% (target RPJMN 2024: 14%). Stunting sangat penting untuk dicegah karena memiliki dampak serius terhadap kualitas sumber daya manusia Indonesia. Calon pengantin dapat menjadi kelompok sasaran yang strategis dalam upaya peningkatan kesehatan masa sebelum hamil Edukasi gizi dengan menggunakan media sebagai alat bantu dapat dilakukan sebagai intervensi pencegahan stunting.

Tujuan: Mengetahui efektivitas penggunaan *e-booklet* CCS (Catin Cegah Stunting) dibandingkan dengan *e-leaflet* sebagai media edukasi gizi terhadap pengetahuan dan sikap calon pengantin tentang stunting.

Metode: Jenis penelitian ini adalah *quasy exsperiment* dengan desain *Pre-post Test With Control Group Design* terdapat dua kelompok dalam penelitian ini yaitu kelompok eksperimen (*e-booklet*) dan kelompok kontrol (*e-leaflet*). Teknik pengambilan sampel dengan *Purposive sampling*. jumlah sampel penelitian 25 orang pada masing-masing kelompok.

Hasil: Hasil penelitian menunjukkan ada peningkatan pengetahuan dan sikap calon pengantin sebelum dan sesudah diberikan edukasi gizi dengan menggunakan media *e-booklet* dan *e-leaflet*. Penelitian ini juga menunjukkan *e-booklet* dan *e-leaflet* memiliki tingkat efektivitas yang sama terhadap peningkatan pengetahuan dan sikap calon pengantin wanita tentang stunting.

Kesimpulan: Ada peningkatan pengetahuan dan sikap calon pengantin setelah diberikan edukasi gizi dengan media *e-booklet* dan *e-leaflet*. Kedua media yaitu *e-booklet* dan *e-leaflet* memiliki efektivitas yang sama terhadap peningkatan pengetahuan dan sikap calon pengantin tentang stunting.

Kata Kunci: *e-booklet*, *e-leaflet*, edukasi gizi, stunting, calon pengantin wanita