

# THE USE OF BOOKLET AND LEAFLET OF COMPLEMENTARY FOODS AS THE MEDIA TO INCREASE KNOWLEDGE AND ATTITUDE IN COMPLEMENTARY FOODS FOR MOTHERS OF CHILDREN AT 0-24 MONTHS IN KARANGSARI KULON PROGO

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## ABSTRACT

**Background:** Age 0-24 month is a critical period for the growth and development of children. Because during this period, children are in the most optimal growth and development for both intelligence and physical. This period can be actualized if children get proper and optimal nutrition. One of the examples is giving appropriate complementary foods. It can be affected by the knowledge of the mother. Therefore, to increase the mothers' knowledge, the researchers gave education in nutrition by using media, a booklet of complementary foods.

**Objective:** This research aims to find out the differences in the use of the booklet and leaflet about complementary foods to increase the knowledge and attitude of mothers whose children at 0-24 months in Karangasari Village, Kulon Progo.

**Methods:** This study was a quasi-experiment with a pretest and posttest with a control design. This research was conducted in January-February 2020. The population of this study was the mothers who had children aged 0-24 months in Karangasari Village. The sampling method used purposive sampling, with 27 mothers for each group. The independent variable was the use of the booklet and leaflet of complementary foods, and the dependent variable was the mothers' knowledge and attitude. The data were analyzed with Shapiro Wilk, paired t-test, and t-independent test.

**Results:** After being given a booklet of complementary foods, the mothers showed a significant increase in knowledge ( $p=0,000$ ) and attitude ( $p=0,000$ ). But, after given a leaflet of complementary foods, the mothers didn't show a significant increase knowledge ( $p=0,057$ ) and attitude ( $p=0,234$ ). The booklet of complementary foods was more effective than the leaflet in increasing knowledge ( $p=0,020$ ) and attitude ( $p=0,014$ ) of mothers who had 0-24 month children.

**Conclusions:** The researchers found that the use of a booklet of complementary foods is more effective in increasing mothers' knowledge and attitude rather than using leaflets of complementary foods.

**Keywords:** booklet of complementary foods, leaflet of complementary foods, knowledge, attitude, mother 0-24 month children

# PENGGUNAAN *BOOKLET* DAN *LEAFLET* MP-ASI SEBAGAI MEDIA UNTUK MENINGKATKAN PENGETAHUAN DAN SIKAP IBU BADUTA TENTANG MP-ASI DI DESA KARANGSARI KABUPATEN KULON PROGO

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## ABSTRAK

**Latar Belakang :** Usia 0-24 bulan merupakan masa kritis dalam pertumbuhan dan perkembangan anak, karena pada masa inilah periode tumbuh kembang anak yang paling optimal baik untuk intelegensi maupun fisiknya. Periode ini dapat terwujud apabila anak mendapatkan asupan gizi sesuai dengan kebutuhannya secara optimal salah satunya yaitu pemberian MP-ASI yang tepat. Pemberian MP-ASI yang tepat dapat dipengaruhi oleh pengetahuan ibu. Oleh karena itu, guna meningkatkan pengetahuan ibu ini dapat dilakukan pendidikan gizi dengan menggunakan media yaitu *booklet* MP-ASI.

**Tujuan Penelitian :** Mengetahui pengaruh penggunaan media *booklet* dan *leaflet* MP-ASI terhadap perbedaan peningkatan pengetahuan dan sikap ibu baduta tentang MP-ASI di Desa Karang Sari, Kabupaten Kulonprogo.

**Metode Penelitian :** Penelitian ini merupakan *quasi experiment* dengan menggunakan rancangan *pre-post test with control design*. Penelitian ini dilaksanakan pada bulan Januari-Februari 2020. Populasi penelitian ini yaitu semua ibu yang memiliki anak usia 0-24 bulan di Desa Karang Sari. Pengambilan sampel dengan *purposive sampling*, yaitu masing-masing 27 ibu baduta untuk kelompok *booklet* dan *leaflet* MP-ASI. Variabel perlakuannya yaitu penggunaan media *booklet* dan *leaflet* MP-ASI dan variabel dampaknya yaitu pengetahuan dan sikap ibu baduta tentang MP-ASI. Analisis data dengan *Saphiro Wilk, paired t-test*, dan *t-independent test*.

**Hasil :** Ibu baduta setelah diberikan *booklet* MP-ASI terdapat peningkatan pengetahuan ( $p=0,000$ ) dan sikap ( $p=0,000$ ) yang signifikan. Akan tetapi, tidak terdapat peningkatan pengetahuan ( $p=0,057$ ) dan sikap ( $p=0,234$ ) yang signifikan setelah subjek diberikan *leaflet* MP-ASI. *Booklet* MP-ASI lebih efektif untuk meningkatkan pengetahuan ( $p=0,020$ ) dan sikap ( $p=0,014$ ) ibu baduta dibanding dengan penggunaan *leaflet* MP-ASI.

**Kesimpulan :** Penggunaan *booklet* MP-ASI lebih efektif untuk meningkatkan pengetahuan dan sikap ibu baduta dibandingkan dengan penggunaan *leaflet* MP-ASI.

**Kata Kunci :** *booklet* MP-ASI, *leaflet* MP-ASI, pengetahuan, sikap, ibu baduta