

**PENGUNAAN BOOKLET  
TERHADAP PENGETAHUAN IBU HAMIL ANEMIA  
TENTANG STUNTING DI PUSKESMAS MLATI I**

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**ABSTRAK**

**Latar Belakang:** Salah satu cara dalam mencegah permasalahan gizi stunting adalah dengan melakukan edukasi kepada ibu hamil anemia. Edukasi merupakan bagian kegiatan pendidikan kesehatan. Media booklet dipilih sebagai media pendidikan kesehatan karena mampu menyebarkan informasi dalam waktu relative singkat, sehingga dapat meningkatkan pengetahuan ibu hamil anemia. Angka proporsi ibu hamil anemia di Puskesmas Mlati I sebesar 14%, angka ini lebih tinggi dari angka standar Kabupaten Sleman yaitu sebesar 11,65%.

**Tujuan:** Mengetahui pengaruh pemberian booklet terhadap peningkatan pengetahuan ibu hamil anemia tentang stunting di Unit Pelayanan Teknis Pusat Kesehatan Masyarakat Mlati I.

**Metode:** Jenis penelitian yang dilakukan adalah penelitian eksperimen semu (*quasi experiment*) dengan desain *pre test and post test with control group*. Penelitian dilakukan di Puskesmas Mlati I, Sleman, Yogyakarta. Jumlah sampel 25 ibu hamil anemia. Ibu hamil anemia diberikan pretest kemudian diberikan media booklet dan dilakukan posttest. Analisis statistik menggunakan uji *Wilcoxon* dan uji *Man Whitney*.

**Hasil:** Terdapat perbedaan yang bermakna antara sebelum dan setelah diberikan edukasi menggunakan media booklet dengan nilai signifikansi pengetahuan ( $p=0.0001$ )

**Kesimpulan:** Ada pengaruh peningkatan pengetahuan media booklet lebih baik secara signifikan dibandingkan media leaflet.

**Kata Kunci:** ibu hamil anemia, pengetahuan, booklet, stunting

**USE OF BOOKLETS**  
**ON KNOWLEDGE OF PREGNANT MOTHERS ANEMIA**  
**ABOUT STUNTING AT PUSKESMAS MLATI I**

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**ABSTRACT**

**Background:** One way to prevent stunting nutritional problems is to educate pregnant women with anemia. Education is part of health education activities. The booklet media was chosen as a health education media because it is able to disseminate information in a relatively short time, so that it can increase the knowledge of anemic pregnant women. The proportion of pregnant women with anemia at the Mlati I Public Health Center is 14%, this figure is higher than the standard rate of Sleman Regency, which is 11.65%.

**Objective:** To determine the effect of giving booklets to increasing knowledge of anemic pregnant women about stunting in the Technical Service Unit of the Mlati I Community Health Center.

**Methods:** This type of research is a quasi-experimental research (quasi-experimental) with a pre-test and post-test design with a control group. The research was conducted at Mlati I Public Health Center, Sleman, Yogyakarta. The number of samples was 25 pregnant women with anemia. Anemic pregnant women were given a pretest then given a media booklet and a posttest was done. Statistical analysis using Wilcoxon test and Man Whitney test.

**Results:** There was a significant difference between before and after being given education using booklet media with a knowledge significance value ( $p=0.0001$ )

**Conclusion:** There is an effect of increasing knowledge of booklet media significantly better than leaflet media.

**Keywords:** anemia pregnant women, knowledge, booklet, stunting