

**PENGARUH *E-BOOKLET* TERHADAP TINGKAT
PENGETAHUAN TENTANG PENCEGAHAN *STUNTING*
PADA IBU BALITA 0-24 BULAN DI WILAYAH KERJA
PUSKESMAS SALAM**

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ABSTRAK

Latar Belakang : *Stunting* merupakan kondisi gagal tumbuh pada anak balita akibat kekurangan gizi kronis terutama pada 1000 Hari Pertama Kehidupan. Kondisi gagal tumbuh pada balita disebabkan oleh kurangnya asupan gizi dalam waktu yang lama dan terjadinya infeksi berulang. Sehingga diperlukan pengetahuan orangtua tentang pencegahan *stunting* pada balita.

Tujuan : Untuk mengetahui pengaruh *E-Booklet* terhadap tingkat pengetahuan tentang pencegahan *stunting* pada ibu balita 0-24 bulan.

Metode : Penelitian ini adalah quasi eksperimen dengan menggunakan rancangan *Nonequivalent (pre-test and post-test) with control group design*. Penelitian ini dilaksanakan bulan Mei 2022. Populasi penelitian ini adalah ibu yang mempunyai balita 0-24 bulan. Sampel dengan jumlah 192 ibu. Analisis data menggunakan *Mann-Whitney*.

Hasil : Rata-rata skor pengetahuan *stunting* sebelum pemberian media *E-Booklet* adalah 60.41 sedangkan rata-rata setelah skor sesudah pemberian media *E-Booklet* adalah 83.11. Hasil penelitian menunjukkan bahwa ada pengaruh pemberian media *E-Booklet* terhadap peningkatan pengetahuan ($p=0.000$). Rata-rata skor pengetahuan *stunting* sebelum pemberian media *E-Leaflet* adalah 60.30 sedangkan rata-rata setelah skor sesudah pemberian media *E-Leaflet* adalah 80.15. Hasil penelitian menunjukkan bahwa ada pengaruh pemberian media *E-Leaflet* terhadap peningkatan pengetahuan ($p=0.000$). Rata-rata peningkatan pengetahuan pada kelompok eksperimen adalah 108.26 sedangkan rata rata peningkatan pengetahuan kelompok kontrol adalah 84.24 dengan $p\text{-value}=0,002$ ($p\text{-value} < 0,05$). Hasil penelitian menunjukkan bahwa pengaruh pemberian *E-Booklet* lebih tinggi dibandingkan dengan pemberian *E-Leaflet*.

Kesimpulan : Ada pengaruh *E-Booklet* terhadap tingkat pengetahuan tentang pencegahan *stunting* pada ibu balita 0-24 bulan di wilayah kerja Puskesmas Salam.

Kata Kunci : *E-Booklet*, *E-Leaflet*, Pengetahuan

**THE EFFECT OF E-BOOKLET ON THE LEVEL OF KNOWLEDGE
ABOUT STUNTING PREVENTION IN MOTHERS OF CHILDREN UNDER
FIVE 0-24 MONTHS AT WORKING AREA
SALAM HEALTH CENTER**

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ABSTRAK

Background : Stunting is a condition of failure to thrive in children under five due to chronic malnutrition, especially on the First 1.000 Days of Life (HPK). The condition of failure to thrive in children under five is caused by a lack of nutritional intake in a long time and the occurrence of repeated infections, so parental knowledge is needed about preventing stunting in toddlers.

Objective : To know the effect of E-Booklet on the level of knowledge about stunting prevention in mothers of children under five 0-24 months.

Method : This research was a quasi eksperimental using nonequivalent (pre-test and post-test) plan with a control group design. This research was conducted in May 2022. The populations of this study were all mothers who had toddlers 0-24 months. The sample is 192 mothers. The data was analysed using Mann-Whitney.

Result : The average score of stunting knowledge before giving e-booklet media was 60.41, while the average score after giving e-booklet media was 83.11. The result showed there was an effect of giving e-booklet media on increased knowledge ($p=0.000$). The average score of stunting knowledge before giving e-leaflet media was 60.30, while the average score after giving e-leaflet media was 80.15. The result showed there was an effect of giving e-leaflet media on increased knowledge ($p=0.000$). The average increased on knowledge in the experimental groups was 108.26, while the average increased on knowledge in the control groups was 84.24 with $p\text{-value}=0.002$. The result showed that the provision of e-booklet had a higher effect than the provision of e-leaflet.

Conclusion : There was an effect of e-booklet on the level of knowledge about stunting prevention towards mothers of children under five 0-24 bulan at working area Salam Health Center.

Keywords : e-booklet, e-leaflet, knowledge.