

PENGARUH PEMBERIAN EDUKASI MENGGUNAKAN LEAFLET TERHADAP PENGETAHUAN KADER POSYANDU TENTANG PENGUKURAN ANTROPOMETRI PANJANG BADAN PADA BALITA

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ABSTRAK

Latar Belakang. Pengukuran antropometri yang tepat sangat penting untuk mendeteksi dini gangguan pertumbuhan balita, termasuk stunting. Namun, masih banyak kader Posyandu yang belum memiliki pengetahuan terkait prosedur pengukuran panjang badan. leaflet dapat menjadi sarana pembelajaran efektif dalam meningkatkan pengetahuan kader.

Tujuan. Mengetahui pengaruh pemberian edukasi menggunakan leaflet terhadap pengetahuan kader Posyandu tentang pengukuran antropometri panjang badan pada balita.

Metode. Penelitian ini menggunakan desain pre-eksperimental dengan one group pre-test post-test design. Sampel berjumlah 30 kader Posyandu di wilayah kerja Puskesmas Godean 2, Sleman, Yogyakarta, yang dipilih dengan teknik total sampling. Intervensi berupa pemberian leaflet edukasi selama 3 hari. Pengetahuan diukur dengan kuesioner berisi 12 pernyataan Favourable dan Unfavourable sebelum dan sesudah intervensi. Analisis data menggunakan uji Wilcoxon.

Hasil. Terjadi peningkatan rerata nilai pengetahuan kader dari 65,40 (pre-test) menjadi 78,50 (post-test), dengan selisih 13,1 poin. Uji Wilcoxon menunjukkan hasil yang signifikan ($p < 0,05$), menandakan adanya perbedaan pengetahuan yang bermakna sebelum dan sesudah edukasi.

Kesimpulan. Pemberian edukasi menggunakan leaflet berpengaruh signifikan terhadap peningkatan pengetahuan kader Posyandu mengenai pengukuran antropometri panjang badan pada balita. Leaflet dapat digunakan sebagai media edukasi yang efektif dalam pelatihan kader posyandu.

Kata Kunci. Edukasi, Leaflet, Pengetahuan, Kader Posyandu, Antropometri, Balita.

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THE EFFECT OF PROVIDING EDUCATION USING LEAFLETS ON POSYANDU CADRES' KNOWLEDGE ABOUT ANTHROPOMETRIC MEASUREMENTS OF BODY LENGTH IN TODDLERS

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ABSTRACT

Background. Accurate anthropometric measurements are essential for the early detection of growth disorders in toddlers, including stunting. However, many Posyandu cadres still lack knowledge about proper length measurement procedures. Leaflets can serve as an effective educational tool to enhance cadres' knowledge.

Objective. To determine the effect of education using leaflets on the knowledge of Posyandu cadres regarding anthropometric length measurement in toddlers.

Methods. This study was a pre-experimental design with a one-group pre-test post-test approach. The sample consisted of 30 Posyandu cadres in the working area of Puskesmas Godean 2, Sleman, Yogyakarta, selected using total sampling. The intervention involved distributing educational leaflets over a period of three days. Knowledge was assessed using a questionnaire containing 12 favorable and unfavorable statements before and after the intervention. Data were analyzed using the Wilcoxon test.

Results. There was an increase in the average knowledge score of cadres from 65.40 (pre-test) to 78.50 (post-test), with a difference of 13.1 points. The Wilcoxon test showed significant results ($p < 0.05$), indicating a meaningful improvement in knowledge after the educational intervention.

Conclusion. Education using leaflets had a significant effect on improving Posyandu cadres' knowledge regarding anthropometric length measurement in toddlers. Leaflets could be used as an effective educational medium in training Posyandu cadres.

Keywords: Education, Leaflet, Knowledge, Posyandu Cadres, Anthropometry, Toddlers

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