

THE EFFECT OF PMBA CARDS ON MOTHERS' KNOWLEDGE AND PRACTICES OF FEEDING WEIGHT-FALTERING INFANTS AT PUSKESMAS GALUR II

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ABSTRACT

Background: Weight faltering in under-fives is still a nutrition problem, one of which is due to feeding practices that are not in accordance with IYCF. In Puskesmas Galur II, many toddlers do not gain weight despite high MP-ASI coverage. Education is not optimal because the media used is not effective. IYCF card as a simple visual media is considered more effective in improving mothers' understanding of IYCF.

Objective: The aims of the research is to determine the effect of IYCF card media use on changes in knowledge and feeding practices of weight faltering infants at Puskesmas Galur II.

Methods: This study is a pre-experiment using a one group pretest -posttest design. This research was conducted from February to March 2025. The population of this research study were mothers of weight faltering infants at Puskesmas Galur II, data were taken in January 2025 with a total sample of 36 respondents. Data analysis using wilcoxon test.

Results: The average score of knowledge about IYCF before education with IYCF card media was 65.8+14.1, while the average score of knowledge after education with IYCF card was 77.9+11.3. The results showed the effect of providing IYCF card media on changes in knowledge ($p=0.000$). The mean score of IYCF practices before the provision of IYCF cards was 86.6 ± 16.3 , while the mean score of IYCF practices after education with IYCF cards was 96.8 ± 7.8 . The results showed the effect of using IYCF card media on practice ($p=0.000$).

Conclusion: There is an effect of IYCF card media on changes in knowledge and feeding practices of weight faltering infants at Galur II Health Center.

Keywords: IYCF, card, weight faltering

PENGARUH MEDIA KARTU PMBA TERHADAP PENGETAHUAN IBU DAN PRAKTIK PEMBERIAN MAKAN BADUTA *WEIGHT FALTERING* DI PUSKESMAS GALUR II

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ABSTRAK

Latar Belakang: *Weight faltering* pada baduta masih menjadi masalah gizi, salah satunya akibat praktik makan yang tidak sesuai PMBA. Di Puskesmas Galur II, banyak balita berat badannya tidak naik meski cakupan MP-ASI tinggi. Edukasi belum optimal karena media yang digunakan kurang efektif. Kartu PMBA sebagai media visual sederhana dinilai lebih efektif dalam meningkatkan pemahaman ibu.

Tujuan : Mengetahui pengaruh penggunaan media kartu PMBA perubahan pengetahuan dan praktik pemberian makan baduta *weight faltering* di Puskesmas Galur II

Metode: Penelitian ini adalah *pre experiment* dengan menggunakan rancangan *one group pretest -posttest*. Penelitian ini dilaksanakan pada bulan Februari sampai Maret 2025. Populasi studi penelitian ini adalah ibu baduta *weight faltering* di Puskesmas Galur II, data diambil pada bulan Januari 2025 dengan jumlah sampel 36 responden. Analisis data menggunakan *uji wilcoxon*.

Hasil : Rata-rata skor pengetahuan tentang PMBA sebelum pemberian edukasi dengan media kartu PMBA adalah $65,8 \pm 14,1$, sedangkan rata-rata skor pengetahuan setelah dilakukan edukasi dengan kartu PMBA adalah $77,9 \pm 11,3$.

Hasil penelitian menunjukkan adanya pengaruh pemberian media kartu PMBA terhadap perubahan pengetahuan ($p=0.000$). Rata-rata skor praktik PMBA sebelum pemberian media kartu PMBA adalah $86,6 \pm 16,3$, sedangkan rata-rata skor praktik PMBA sesudah pemberian edukasi dengan kartu PMBA adalah $96,8 \pm 7,8$. Hasil penelitian menunjukkan adanya pengaruh penggunaan media kartu PMBA terhadap praktik ($p=0.000$)

Kesimpulan : Ada pengaruh media kartu PMBA terhadap perubahan pengetahuan dan praktik pemberian makan baduta *weight faltering* di Puskesmas Galur II

Kata Kunci : PMBA, kartu, *weight faltering*