

THE EFFECT OF "TANGKAS" EDUCATIONAL VIDEO ON MOTHERS' KNOWLEDGE LEVEL ABOUT STUNTING IN PURBOSONO VILLAGE, KERTEK SUB-DISTRICT, WONOSOBO REGENCY

Selvi Novita Sari¹, Sumarah², Atik Ismiyati³

¹²³Poltekkes Kemenkes Yogyakarta

Jl. Mangkuyudan MJ III/304 Mantrijeron, Kota Yogyakarta

Email: selvinovitaasr@gmail.com

ABSTRACT

Background: Stunting was a chronic nutritional problem that had long-term impacts on children's growth and development. One important prevention effort was improving mothers' knowledge as the primary caregivers. The use of educational media such as videos was considered more effective in delivering health information compared to conventional methods. This study aimed to determine the effect of the "TANGKAS" educational video on the level of mothers' knowledge about stunting in Purbosono Village, Kertek Sub-district, Wonosobo Regency.

Methods: This study employed a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 31 mothers of toddlers who received education through the "TANGKAS" video. The research instrument used was a questionnaire measuring knowledge about stunting. Data were analyzed using the Wilcoxon Signed Ranks Test to examine the differences before and after the intervention.

Results: The results showed a significant increase in mothers' knowledge after being educated using the "TANGKAS" video ($p = 0.000$). The average knowledge score increased from 8.06 to 11.45 after the intervention.

Conclusion: The "TANGKAS" educational video was effective in improving mothers' knowledge about stunting. Interactive visual media such as videos could serve as an alternative educational strategy to enhance community health literacy, particularly in stunting prevention.

Keywords: Stunting, educational video, maternal knowledge, TANGKAS

PENGARUH VIDEO EDUKASI “TANGKAS” TERHADAP TINGKAT PENGETAHUAN IBU TENTANG *STUNTING* DI DESA PURBOSONO KECAMATAN KERTEK KABUPATEN WONOSOBO

Selvi Novita Sari¹, Sumarah², Atik Ismiyati³

¹²³Poltekkes Kemenkes Yogyakarta

Jl. Mangkuyudan MJ III/304 Mantrijeron, Kota Yogyakarta

Email: selvinovitaasr@gmail.com

ABSTRAK

Latar belakang: *Stunting* merupakan masalah gizi kronis yang berdampak jangka panjang terhadap pertumbuhan dan perkembangan anak. Salah satu upaya pencegahan yang penting adalah peningkatan pengetahuan ibu sebagai pengasuh utama anak. Penggunaan media edukasi seperti video dinilai lebih efektif dalam menyampaikan informasi kesehatan dibandingkan metode konvensional. Penelitian ini bertujuan untuk mengetahui pengaruh video edukasi “TANGKAS” terhadap tingkat pengetahuan ibu tentang *Stunting* di Desa Purbosono, Kecamatan Kertek, Kabupaten Wonosobo.

Metode: Penelitian ini menggunakan desain pra quasi eksperimen dengan pendekatan one group pretest-posttest. Sampel terdiri dari 31 ibu balita yang diberikan edukasi menggunakan video “TANGKAS”. Instrumen penelitian berupa kuesioner pengetahuan tentang *Stunting*. Analisis data dilakukan menggunakan *Wilcoxon Signed Ranks Test* untuk mengetahui perbedaan sebelum dan sesudah intervensi.

Hasil: Hasil penelitian menunjukkan adanya peningkatan signifikan tingkat pengetahuan ibu setelah diberikan edukasi menggunakan video “TANGKAS” ($p = 0,000$). Rata-rata skor pengetahuan meningkat dari 8,06 menjadi 11,45 setelah intervensi.

Kesimpulan: Video edukasi “TANGKAS” efektif dalam meningkatkan pengetahuan ibu tentang *Stunting*. Media visual interaktif seperti video dapat menjadi strategi edukasi alternatif dalam upaya peningkatan literasi kesehatan masyarakat, khususnya dalam pencegahan *Stunting*.

Kata kunci: *Stunting*, video edukasi, pengetahuan ibu, TANGKAS