

# EFFECTIVENESS OF USING E-BOOKLET MEDIA IN IMPROVING KNOWLEDGE AND SKILLS OF POSYANDU CADRES IN MEASURING THE LENGTH OF CHILDREN UNDER TWO AT PANJATAN II PUBLIC HEALTH CENTER

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## ABSTRACT

**Background:** Stunting is a chronic nutritional problem that has a long-term impact on children's growth and development. One of the determining factors for the success of early detection of stunting is the skills of Posyandu cadres in measuring toddlers' body length accurately. The low knowledge and skills of cadres are obstacles, so effective educational media such as e-booklets are needed.

**Objective:** To determine the effectiveness of e-booklet media on increasing the knowledge and skills of Posyandu cadres in measuring toddlers' body length compared to leaflet media.

**Method:** This study used a quasi-experimental design with a pretest-posttest with control group design approach. The sample consisted of 38 Posyandu cadres divided into two groups: the treatment group (e-booklet) and the control group (leaflet), each consisting of 19 people. Knowledge data were collected using a questionnaire, and skills through observation with a checklist. Data analysis used the Wilcoxon and Mann-Whitney tests for non-parametric data and the independent t-test for parametric data.

**Results:** Both media (e-booklet and leaflet) were effective in increasing cadre knowledge and skills ( $p < 0.05$ ). However, there was no significant difference in increasing knowledge between groups ( $p = 0.445$ ). On the other hand, there was a significant difference in increasing skills, where e-booklet was more effective than leaflet ( $p = 0.004$ ).

**Conclusion:** E-booklet and leaflet media are equally effective in increasing the knowledge of posyandu cadres, but e-booklet is more effective in improving the skills of measuring the height of toddlers.

Keywords: e-booklet, knowledge, skills, height measurement toddler, stunting

# EFEKTIVITAS PENGGUNAAN MEDIA E-BOOKLET TERHADAP PENINGKATAN PENGETAHUAN DAN KETERAMPILAN KADER POSYANDU DALAM PENGUKURAN PANJANG BADAN BADUTA DI PUSKESMAS PANJATAN II

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## ABSTRAK

**Latar Belakang:** Stunting merupakan masalah gizi kronis yang berdampak jangka panjang terhadap tumbuh kembang anak. Salah satu faktor penentu keberhasilan deteksi dini stunting adalah keterampilan kader posyandu dalam melakukan pengukuran panjang badan baduta secara akurat. Rendahnya pengetahuan dan keterampilan kader menjadi hambatan, sehingga dibutuhkan media edukasi yang efektif seperti e-booklet.

**Tujuan:** Mengetahui efektivitas media e-booklet terhadap peningkatan pengetahuan dan keterampilan kader posyandu dalam pengukuran panjang badan baduta dibandingkan dengan media leaflet.

**Metode:** Penelitian ini menggunakan desain *quasi experimental* dengan pendekatan *pretest-posttest with control group design*. Sampel berjumlah 38 kader posyandu yang terbagi dalam dua kelompok: kelompok perlakuan (e-booklet) dan kelompok kontrol (leaflet), masing-masing 19 orang. Data pengetahuan dikumpulkan menggunakan kuesioner, dan keterampilan melalui observasi dengan daftar tilik. Analisis data menggunakan uji Wilcoxon dan Mann-Whitney untuk data non-parametrik serta *independent t-test* untuk data parametrik.

**Hasil:** Kedua media (e-booklet dan leaflet) efektif meningkatkan pengetahuan dan keterampilan kader ( $p < 0,05$ ). Namun, tidak terdapat perbedaan yang signifikan dalam peningkatan pengetahuan antar kelompok ( $p = 0,445$ ). Sebaliknya, terdapat perbedaan signifikan pada peningkatan keterampilan, di mana e-booklet lebih efektif dibanding leaflet ( $p = 0,004$ ).

**Kesimpulan:** Media e-booklet dan leaflet sama-sama efektif meningkatkan pengetahuan kader posyandu, namun e-booklet lebih efektif dalam meningkatkan keterampilan pengukuran panjang badan baduta.

**Kata kunci:** e-booklet, pengetahuan, keterampilan, pengukuran panjang badan baduta, stunting