

EFEKTIVITAS PENGGUNAAN MEDIA BUKU SAKU GEGAS DALAM EDUKASI GIZI TERHADAP PENINGKATAN PENGETAHUAN IBU BALITA TENTANG PENCEGAHAN STUNTING

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ABSTRAK

Latar Belakang : Stunting merupakan masalah gizi kronis yang berdampak pada pertumbuhan dan perkembangan anak. Peningkatan pengetahuan melalui edukasi gizi diperlukan sebagai upaya pencegahan stunting. Media buku saku Gegas dikembangkan sebagai sarana edukasi yang mudah dipahami dan digunakan ibu balita

Tujuan Penelitian : Mengetahui penggunaan buku saku Gegas sebagai media edukasi lebih efektif dibandingkan dengan media leaflet terhadap

Metode : Penelitian ini menggunakan desain quasi experimental dengan rancangan pretest posttest with control group design. Penelitian ini dilaksanakan pada periode Mei-Juni 2026. Populasi penelitian ini adalah seluruh ibu balita di posyandu Kelurahan Tegalrejo (kelompok perlakuan) dan Kelurahan Bener (kelompok kontrol) dengan jumlah sampel 27 ibu balita pada setiap kelompoknya

Hasil : Hasil uji normalitas data berdistribusi tidak normal sehingga menggunakan median. Nilai median pada pengetahuan siswa meningkat dengan nilai $p = 0,003$ ($p < 0,005$). Sedangkan pada efektivitas media didapatkan p-value pengetahuan $p = 0,003$ yang berarti edukasi dengan menggunakan media buku saku gegas lebih efektif dalam meningkatkan pengetahuan ibu balita

Kesimpulan : Media buku saku lebih efektif dibandingkan dengan media leaflet terhadap pengetahuan pencegahan stunting pada ibu balita

Kata Kunci : Buku Saku GEGAS, Edukasi Gizi, Pengetahuan, Stunting

THE EFFECTIVENESS OF USING GEGAS POCKET BOOK MEDIA IN NUTRITION EDUCATION ON IMPROVING MOTHERS' KNOWLEDGE ABOUT STUNTING PREVENTION

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ABSTRACT

Background: Stunting is a chronic nutritional problem that affects children's growth and development. Improving mothers' knowledge through nutrition education is needed as an effort to prevent stunting. The GEGAS pocket book was developed as an educational medium that is easy to understand and use by mothers of toddlers.

Objective: This study aimed to determine whether the GEGAS pocket book as an educational medium was more effective than leaflet media in improving mothers' knowledge regarding stunting prevention.

Methods: This study used a quasi-experimental design with a pretest-posttest with control group design. The study was conducted from May to June 2026. The population consisted of mothers of toddlers at Posyandu in Tegalrejo Village (intervention group) and Bener Village (control group), with a sample size of 27 mothers of toddlers in each group. Regarding media effectiveness, the p-value for knowledge was 0.003, indicating that education using the *Gegas* pocketbook was more effective in increasing the knowledge of mothers with children under five.

Results: The normality test showed that the data were not normally distributed; therefore, the median value was used. The median knowledge score increased after the intervention, with a significant value of $p = 0.003$ ($p < 0.05$).

Conclusion: The GEGAS pocket book media was more effective than leaflet media in improving mothers' knowledge about stunting prevention.

Keywords: GEGAS Pocket Book, Nutrition Education, Knowledge, Stunting.