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**PENGARUH PENDIDIKAN KESEHATAN MELALUI MEDIA BOOKLET TERHADAP
PENGETAHUAN IBU TENTANG PEDOMAN GIZI SEIMBANG BATITA DI
WILAYAH KERJA PUSKESMAS LEREP KECAMATAN UNGARAN BARAT
KABUPATEN SEMARANG**

ABSTRAK

Latar Belakang : Gizi merupakan faktor mutlak yang dibutuhkan tubuh dalam proses pertumbuhan dan perkembangan. Tujuan Pedoman Gizi Seimbang untuk memberikan pedoman konsumsi makanan sehari-hari dan perilaku sehat berdasarkan prinsip konsumsi makanan bergizi seimbang, pola hidup bersih, olahraga, dan pengendalian berat badan yang teratur untuk mempertahankan berat badan normal. Faktor usia, pendidikan dan pekerjaan. Penelitian ini untuk mengidentifikasi Pengaruh Pendidikan Kesehatan Melalui Media Booklet Terhadap Pengetahuan Ibu tentang Pedoman Gizi Seimbang Batita di Wilayah Kerja Puskesmas Lerep

Metode : Penelitian ini merupakan penelitian kuantitatif desain eksperimen dengan desain penelitian quasi eksperimen dengan *one group pre test and post test design*. Sampel ibu yang memiliki batita sejumlah 20 orang menggunakan teknik Populasi. Penelitian ini dilaksanakan pada 12 Februari 2023. Data penelitian diuji normalitas data menggunakan uji *Saphiro Wilk*. Uji statistik menggunakan *paired t test* terhadap pengetahuan ibu sebelum dan sesudah intervensi didapatkan *p Value*=0.000(<0.05) menunjukkan ada pengaruh yang signifikan Pendidikan kesehatan melalui booklet.

Hasil : Gambaran pengetahuan responden pada saat sebelum dan sesudah dilakukan pendidikan kesehatan melalui media booklet. Rata-rata frekuensi sebelum dilaksanakan intervensi yaitu responden berpengetahuan baik 4 dan cukup 11 sedangkan saat diukur setelah diberikannya intervensi bertambah menjadi responden berpengetahuan baik 17 dan 3 cukup. Nilai pengaruh pendidikan kesehatan ini dapat dilihat dari nilai *T-test* yang diperoleh yaitu 0,000(<0,05).

Kesimpulan : Dapat disimpulkan adanya pengaruh setelah dilakukan Pendidikan kesehatan melalui media booklet menambah pengetahuan responden pada ibu tentang pedoman gizi seimbang

Kata Kunci : Pedoman Gizi Seimbang, Pengetahuan Ibu, Batita

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THE EFFECT OF HEALTH EDUCATION THROUGH THE MEDIA BOOKLET ON MOTHER'S KNOWLEDGE ABOUT BALANCED NUTRITION GUIDELINES IN THE WORKING AREA OF LEREP HEALTH CENTER, UNGARAN BARAT DISTRICT, SEMARANG REGENCY

ABSTRACT

Background: Nutrition is an absolute factor needed by the body in the process of growth and development. The nutritional needs of children aged 1 to 3 years are increasing because this is an era of rapid growth and increased activity. The purpose of the Balanced Nutrition Guideline is to provide guidelines for daily food consumption and healthy behavior based on the principles of consuming a balanced nutritious diet, a clean lifestyle, regular exercise and weight control to maintain normal body weight. This study was to identify the effect of health education through media booklets on mothers' knowledge of toddler balanced nutrition guidelines in the work area of the Lerep Health Center. Respondents received health counseling assisted by booklet media.

Method: This research is a quantitative research with a quasi-experimental research design with one group pre test and post test design. A sample of 20 mothers with toddlers used the Accidental Sampling technique. This research instrument uses . This research was conducted for 1 day, namely in February 2023. The research data was tested for data normality using the Shapiro Wilk test. Statistical test using paired t test on mother's knowledge before and after intervention obtained p value = 0.000 (<0.05) indicating that there was a significant effect of health education through booklets.

Results: Description of each respondent's knowledge before and after the health education was carried out through the booklet media. The average frequency before the intervention was carried out, namely respondents with good knowledge were 4 and 11 were sufficient, while when it was measured after the intervention was given it increased to respondents with good knowledge 17 and 3 were sufficient. The value of the effect of y can be seen from the T-test value obtained, which is 0.000 (<0.05). These results can be interpreted that health education through booklet media increases the knowledge of respondents.

Conclusion: Based on the results of this study it can be concluded that there is an influence after carrying out health education through booklet media to increase the knowledge of respondents to mothers who have toddlers in the Lerep Health Center area

Keywords: Guidelines for Balanced Nutrition, Knowledge of Mothers, Toddlers