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**Pengaruh Edukasi Melalui Booklet Terhadap Pengetahuan Ibu Tentang
Kebutuhan Gizi pada Balita Gizi Kurang di Puskesmas
Kadang Serang Pekalongan**

ABSTRAK

Latar Belakang: Masalah gizi kurang pada balita dapat menimbulkan dampak jangka panjang terhadap pertumbuhan fisik dan perkembangan anak. Ibu balita gizi kurang di Puskesmas Kandangseang mempunyai pengetahuan yang rendah tentang kebutuhan gizi balita kurang, sehingga dibutuhkan pemberian edukasi. Salah satu media yang dapat digunakan untuk edukasi adalah booklet karena merupakan salah satu media yang hemat, mudah dibawa, mudah dibaca ulang, bahasa sederhana, memuat tampilan gambar yang menarik. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi melalui booklet terhadap pengetahuan ibu tentang kebutuhan gizi pada balita gizi kurang di Puskesmas Kandangserang Pekalongan.

Metode: Desain penelitian menggunakan *quasi experiment* dengan pendekatan *one group pretest posttest design*. Populasi penelitian adalah seluruh ibu yang mempunyai balita gizi kurang di Puskesmas Kandangserang Kabupaten Pekalongan sebanyak 22 orang. Sampel penelitian yaitu ibu yang mempunyai balita gizi kurang di Puskesmas Kandangserang Kabupaten Pekalongan sebanyak 22 orang dengan teknik *purposive sampling*. Instrumen penelitian ini adalah kuesioner pengetahuan tentang kebutuhan balita gizi kurang dan booklet. Analisa data menggunakan distribusi frekuensi dan *wilcoxon*.

Hasil: Terdapat sebagian besar (54,5%) ibu mempunyai pengetahuan cukup sebelum diberikan edukasi dan sebagian besar (86,6%) ibu mempunyai pengetahuan baik. Ada pengaruh edukasi melalui booklet terhadap pengetahuan ibu tentang kebutuhan gizi pada balita gizi kurang di Puskesmas Kandangserang Kabupaten Pekalongan. p value 0,000.

Simpulan: Edukasi melalui booklet dapat meningkatkan pengetahuan ibu tentang kebutuhan gizi pada balita gizi kurang.

Saran: Petugas kesehatan dapat menggunakan media booklet sebagai alat bantu dalam edukasi kesehatan atau konseling gizi pada ibu yang memiliki balita gizi kurang.

Kata kunci : Booklet, Balita Gizi Kurang, Edukasi, Kebutuhan Gizi, Pengetahuan

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**The Effect of Education Through Booklets on Mothers' Knowledge of
Nutritional Needs in Undernourished Toddlers at Kandang Serang
Public Health Center Pekalongan**

ABSTRACT

Background: Malnutrition in toddlers can have long-term effects on their physical growth and development. Mothers of malnourished toddlers at the Kandangserang Public Health Centre have limited knowledge about the nutritional needs of malnourished toddlers, so education is needed. One medium that can be used for education is booklet, as it is inexpensive, easy to carry, easy to reread, written in simple language, and contains attractive images. This study aimed to determine the effect of education through booklets on mothers' knowledge of nutritional needs in malnourished infants at the Kandangserang Pekalongan Public Health Centre.

Methods: The research design used a quasi experiment with one group pretest posttest design approach. The study population was all mothers who had underweight toddlers at Kandangserang Public Health Center Pekalongan Regency as many as 22 people. The research sample was mothers who had undernourished toddlers at Kandangserang Public Health Center Pekalongan Regency as many as 22 people by purposive sampling technique. This research instrument were knowledge questionnaire about the needs of malnourished toddlers and booklets. Data analysis used frequency distribution and wilcoxon

Results: There were most (54,5%) mothers had sufficient knowledge before being given education and most (86,6%) mothers had good knowledge. There was effect of education through booklets on mothers' knowledge about nutritional needs in underweight toddlers at the Kandangserang Public Health Centre, Pekalongan Regency with p value 0,000.

Conclusion: Education through booklet can improve mothers' knowledge about nutritional needs in underweight children.

Suggestion: Health workers can use booklet media as a tool in health education or nutrition counselling for mothers who have undernourished toddlers.

Keywords : Booklet, Undernourished Toddlers, Education, Nutritional Needs, Knowledge