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EFEKTIFITAS EDUKASI DENGAN MENGGUNAKAN LEAFLET PMT LOKAL TERHADAP PERUBAHAN SIKAP IBU BALITA STUNTING DALAM PENANGANAN STUNTING DI PUSKESMAS SEPAKU III

ABSTRAK

Latar Belakang: Stunting ialah kondisi di mana anak mengalami pertumbuhan terhambat karena kurangnya asupan gizi yang memadai selama periode yang cukup lama. Salah satu intervensi penanganan stunting adalah edukasi tentang pemberian makanan lokal. Berdasarkan studi pendahuluan di Puskesmas Sepaku III, jumlah balita stunting pada bulan Januari sampai Agustus 2025 sebanyak 58 balita, berdasarkan wawancara terhadap 8 orang ibu balita, 5 orang tidak tahu manfaat PMT lokal, 3 orang tidak tahu cara mengolah PMT lokal. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi PMT lokal terhadap perubahan sikap ibu balita stunting dalam penanganan stunting di Puskesmas Sepaku III

Metode: Jenis penelitian pra-eksperimen dengan desain *One Group Pre-test Post-test*. Populasi penelitian adalah semua ibu balita stunting di Puskesmas Sepaku III. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 32 orang. Pengumpulan data menggunakan kuesioner. Analisis data adalah analisis univariat menggunakan distribusi frekuensi persentase dan analisis bivariat menggunakan uji wilcoxon.

Hasil: Gambaran sikap ibu balita stunting sebelum edukasi PMT lokal di UPTD Puskesmas Sepaku III didapatkan nilai *Mean* sebesar 37,97. Gambaran sikap ibu balita stunting setelah edukasi PMT lokal di UPTD Puskesmas Sepaku III didapatkan nilai *Mean* sebesar 52,50. Hasil uji statistik *Wilcoxon* diperoleh *p value* $(0,000) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Terdapat efektifitas edukasi dengan menggunakan leaflet pmt lokal terhadap perubahan sikap ibu balita stunting dalam penanganan stunting di Puskesmas Sepaku III. Hendaknya Puskesmas mengintegrasikan penggunaan leaflet interaktif yang berisi panduan praktis pengolahan bahan pangan lokal ke dalam setiap sesi pendampingan PMT lokal, sehingga edukasi tidak hanya bersifat teoritis tetapi juga memberikan visualisasi nyata yang memperkuat perubahan sikap ibu.

Kata Kunci: Edukasi, PMT lokal, Ibu Balita Stunting

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**THE EFFECTIVENESS OF EDUCATION USING LOCAL PMT LEAFLETS
ON CHANGING THE ATTITUDES OF MOTHERS OF STUNTING
TODDLERS IN HANDLING STUNTING AT SEPAKU III PUBLIC HEALTH
CENTER**

ABSTRACT

Background: Stunting is a condition in which children experience stunted growth due to a lack of adequate nutritional intake over a prolonged period. One intervention for managing stunting is education about providing local foods. Based on a preliminary study at the Sepaku III Community Health Center, the number of stunted toddlers from January to August 2025 was 58. Based on interviews with eight mothers, five did not know the benefits of local PMT, and three did not know how to prepare local PMT. This study aims to determine the effect of local PMT education on changing the attitudes of mothers of stunted toddlers regarding stunting management at the Sepaku III Community Health Center.

Method: This was a pre-experimental study with a One Group Pre-test Post-test design. The study population was all mothers of stunted toddlers at the Sepaku III Community Health Center. The sampling technique used a total sampling of 32 participants. Data collection used a questionnaire. Data analysis used univariate analysis using a frequency distribution percentage and bivariate analysis using the Wilcoxon test.

Results: The mean value of mothers' attitudes toward stunting toddlers before local PMT education at the Sepaku III Community Health Center (UPTD) had a mean of 37.97. The mean value of mothers' attitudes toward stunting toddlers after local PMT education at the Sepaku III Community Health Center (UPTD) had a mean of 52.50. The Wilcoxon statistical test showed a p value of $(0.000) < \alpha (0.05)$, indicating that H_a was accepted.

Conclusion: There is an effectiveness in using local Supplementary Feeding (PMT) leaflets on changing the attitudes of mothers with stunted toddlers regarding stunting management at Sepaku III Community Health Center. It is recommended that the Health Center integrate the use of interactive leaflets containing practical guides for processing local food ingredients into every local PMT counseling session. This ensures that education is not merely theoretical but also provides a tangible visualization that reinforces the shift in mothers' attitudes).

Keywords: Education, local PMT, Mother of Stunting Toddler.