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Pengaruh Penyuluhan Pada Ibu Hamil Dengan Media Booklet Terhadap Pengetahuan Ibu Hamil Tentang Gizi Dalam Rangka Pencegahan Stunting Di Wilayah Kerja Puskesmas Tiuh Tohou Kabupaten Tulang Bawang.

xviii + 54 halaman, 5 tabel, 3 gambar, dan 12 lampiran.

RINGKASAN

Berdasarkan data SSGI tahun 2021 dalam profil kesehatan provinsi Lampung, diketahui bahwa kabupaten Tulang Bawang memiliki prevalensi Stunting sebesar 9,5%, namun berdasarkan data SSGI tahun 2022 dalam profil kesehatan provinsi Lampung angka prevalensi stunting di kabupaten Tulang Bawang mengalami peningkatan sebesar 10,2%. Salah satu dampak jangka panjang stunting yaitu menurunnya prestasi belajar. Pada bulan Agustus 2023 dilakukan pengukuran balita di wilayah kerja Puskesmas Tiuh Tohou dan didapatkan 189 (12,98%) dari 1456 balita mengalami stunting.

Tujuan penelitian ini untuk mengetahui pengaruh penyuluhan pada ibu hamil dengan media booklet terhadap pengetahuan ibu hamil tentang gizi dalam rangka pencegahan stunting di wilayah kerja Puskesmas Tiuh Tohou Kabupaten Tulang Bawang.

Penelitian ini berbentuk kuantitatif menggunakan pendekatan Pre-Eksperimental, dengan rancangan one group pre test-post test. Sampel penelitian ini ibu hamil sebanyak 60 orang dengan teknik *Purposive Sampling*. Analisis data, analisis univariat dan analisis bivariat. Uji statistik menggunakan *Willcoxon Signed-Rank Test*, hasil dari uji statistik nilai *p-value* $0,000 < 0,05$.

Hasil penelitian menunjukkan nilai rata-rata *pretest* sebesar 15,72 dan *posttest* sebesar 18,78 mengalami peningkatan sebesar 3,06. Kesimpulannya ada pengaruh penyuluhan pada ibu hamil dengan media booklet terhadap pengetahuan ibu hamil tentang gizi dalam rangka pencegahan stunting di Wilayah Kerja Puskesmas Tiuh Tohou Kabupaten Tulang Bawang. Penulis menyarankan agar bidan memberikan pelayanan kepada ibu hamil menggunakan media booklet sebagai media dalam kegiatan penyuluhan untuk meningkatkan pengetahuan ibu tentang gizi dalam rangka pencegahan stunting.

Kata Kunci : Gizi Ibu Hamil, Media Booklet, Pencegahan Stunting, Penyuluhan

Daftar bacaan : 40 (2018-2023)

TANJUNGPURONG HEALTH POLYTECHNIC
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The Effect of Counseling for Pregnant Women Using Booklet Media on Pregnant Women's Knowledge About Nutrition in the Context of Stunting Prevention in the Working Area of the Tiuh Tohou Community Health Center, Tulang Bawang Regency.

xviii + 54 pages, 5 tables, 3 figures, and 12 appendices.

ABSTRACT

Based on 2021 SSGI data in the Lampung province health profile, it is known that Tulang Bawang district has a stunting prevalence of 9.5%, however, based on 2022 SSGI data in the Lampung province health profile, the stunting prevalence rate in Tulang Bawang district has increased by 10.2%. One of the long-term impacts of stunting is decreased learning achievement. In August 2023, measurements of toddlers were carried out in the Tiuh Tohou Community Health Center working area and it was found that 189 (12.98%) of 1456 toddlers experienced stunting.

The aim of this research is to determine the effect of counseling for pregnant women using booklet media on pregnant women's knowledge about nutrition in the context of preventing stunting in the working area of the Tiuh Tohou Community Health Center, Tulang Bawang Regency.

This research is quantitative using a Pre-Experimental approach, with a one group pre test-post test design. The sample for this research was 60 pregnant women using Purposive Sampling technique. Data analysis, univariate analysis and bivariate analysis. The statistical test uses the Willcoxon Signed-Rank Test, the results of the statistical test have a p-value of $0.000 < 0.05$.

The research results showed that the average pretest score was 15.72 and posttest was 18.78, an increase of 3.06. In conclusion, there is an influence of counseling for pregnant women using booklet media on pregnant women's knowledge about nutrition in the context of preventing stunting in the Tiuh Tohou Community Health Center Working Area, Tulang Bawang Regency. The author suggests that midwives provide services to pregnant women using booklets as a medium for outreach activities to increase mothers' knowledge about nutrition in the context of preventing stunting.

Keywords: Pregnant Women's Nutrition, Media Booklet, Stunting Prevention, Counseling

Reading list: 40 (2018-2023)