

**PROGRAM STUDI SARJANA TERAPAN KEBIDANAN METRO  
JURUSAN KEBIDANAN POLITEKNIK KESEHATAN TANJUNGPURING  
Skripsi, Mei 2024**

Refy Pramestika

Efektivitas Edukasi Berbasis Website dan Buku Saku Terhadap Pengetahuan Ibu Hamil Tentang Stunting di Puskesmas Yosomulyo tahun 2024

xvii + 65 halaman + 13 tabel + 5 gambar + 16 lampiran

**ABSTRAK**

Stunting adalah kondisi ketidaksesuaian tinggi badan anak dengan se-usianya. Target penurunan stunting di Indonesia tahun 2024 ada 14%, sedangkan tahun 2023 angka kejadian ada 21,5% dan tahun 2022 ada 21,6%. Di Lampung tahun 2022 ada 15,2% sedangkan target prevalensi tahun 2024 yaitu 10,8%, di Kota Metro tahun 2022 ada 10,4% sedangkan prevalensi target tahun 2024 yaitu 9,5%. Di Puskesmas Yosomulyo tahun 2021 ada 11% dan tetap pada tahun 2022 yaitu 11%, angka kejadian ini juga lebih tinggi dari Puskesmas Margorejo 10,4% dan Puskesmas Metro 9,4%. Stunting dapat disebabkan kurangnya pengetahuan ibu hamil. Pemberian edukasi menggunakan media website dan buku saku merupakan alternatif menambah pengetahuan ibu. Penelitian ini bertujuan untuk mengetahui efektivitas edukasi berbasis website dan buku saku di Puskesmas Yosomulyo tahun 2024.

Jenis penelitian eksperimen menggunakan rancangan *Quasi-Eksperimen* dengan *nonequivalent control group design*. Partisipan yaitu 34 ibu hamil terdiri atas kelompok intervensi edukasi tentang stunting berbasis website 17 dan kelompok kontrol 17 partisipan. Teknik pengambilan sampel melalui *consecutive sampling*. Metode pengumpulan data dengan menyebar kuesioner yang teruji validitas dan reliabilitas melalui pre-test dan post-test. Analisa data menggunakan parametrik dengan uji univariat dan bivariat yaitu dependent dan independent sample t-test.

Hasil penelitian ini yaitu mean pengetahuan 17 ibu hamil sebelum 8 dan sesudah diberi intervensi 12 dengan media website, sedangkan buku saku yaitu 8,03 menjadi 9,49. Hasil uji bivariat menunjukkan hasil ada pengaruh media website (*p-value 0,000*) dengan effect size tinggi (*d 1,78*) dan buku saku (*p-value 0,000*) dengan effect size cukup (*d 0,64*), serta edukasi dengan media website lebih efektif dibandingkan buku saku.

Simpulan penelitian edukasi stunting ada efektivitas media website dibandingkan media buku saku terhadap pengetahuan ibu hamil tentang stunting. Oleh karena itu, media website dan buku saku dapat meningkatkan pengetahuan ibu hamil tentang stunting.

Kata Kunci : edukasi, website, buku saku, pengetahuan, stunting  
Daftar Bacaan : 67 (2007-2023)

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Effectiveness of Website-Based Education and Pocketbooks on Pregnant Women's Knowledge about Stunting at Yosomulyo Health Center

xvii + 65 pages + 13 tables + 5 images + 16 attachments

**ABSTRACT**

Stunting is a condition in which a child's height doesn't match their age. The stunting reduction target in Indonesia 2024 is 14%, while 2023 the incidence rate was 21.5% and 2022 it was 21.6%. In Lampung 2022 there was 15.2% while the target prevalence 2024 was 10.8%, in Metro City 2022 there was 10.4% while the target prevalence 2024 was 9.5%. At Puskesmas Yosomulyo 2021 there was 11% and remained 2022 at 11%, this incidence rate was also higher than Puskesmas Margorejo 10.4% and Puskesmas Metro 9.4%. A lack of knowledge of pregnant women can cause stunting. Providing education using websites and pocketbook media is an alternative to increasing maternal knowledge. This study aims to determine the effectiveness of website-based education and pocketbooks at Yosomulyo Health Center in 2024.

This study employed a quasi-experimental design with a nonequivalent control group design. Participants were 34 pregnant women divided into two groups: an intervention group receiving web-based stunting education (17 participants) and a control group (17 participants). Consecutive sampling was used. Data was collected using a validated and reliable questionnaire through pre-test and post-test. Parametric analysis was conducted using univariate and bivariate tests, namely dependent and independent sample t-tests.

The results showed that the mean knowledge score of the 17 pregnant women in the intervention group increased from 8 to 12 after receiving web-based education, while the mean score of the control group increased from 8.03 to 9.49 after receiving education through booklets. Bivariate analysis revealed a significant effect of web-based education ( $p$ -value = 0.000) with a large effect size ( $d = 1.78$ ) and a significant effect of booklets ( $p$ -value = 0.000) with a moderate effect size ( $d = 0.64$ ). Moreover, web-based education was found to be more effective than booklets.

The study concluded that web-based education is more effective than booklets in increasing pregnant women's knowledge about stunting. Therefore, both web-based education and booklets can improve pregnant women's knowledge about stunting.

Keywords : education, website, pocketbook, knowledge, stunting

Reading list : 67 (2007-2023)