

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG JURUSAN KEBIDANAN

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Pengaruh Media Booklet Terhadap Pengetahuan Remaja Tentang Stunting di SMA Al Azhar 3 Bandar Lampung

xv + 47 halaman, 6 tabel, 2 gambar, dan 8 lampiran

RINGKASAN

Stunting merupakan salah satu masalah gizi yang serius dialami oleh dunia saat ini. Stunting juga merupakan suatu kondisi gangguan pada pertumbuhan dan perkembangan anak yang disebabkan oleh kekurangan gizi, infeksi berulang, dan pengasuhan yang buruk. Organisasi Kesehatan Dunia atau (WHO) 2021 mengatakan angka kejadian stunting di dunia sebesar 22% atau 149,2 juta orang pada tahun 2020. Ada banyak faktor yang menyebabkan stunting, seperti kesehatan reproduksi remaja, pernikahan di usia dini, kekurangan gizi selama masa kehamilan, asupan nutrisi yang tidak mendukung pertumbuhan dan perkembangan, anemia sejak remaja dan kurangnya informasi tentang keluarga berencana terutama terkait stunting.

Tujuan pada penelitian ini adalah untuk mengetahui Pengaruh *media booklet* terhadap pengetahuan remaja tentang stunting di SMA Al azhar 3 Bandar Lampung.

Metode penelitian ini adalah kuantitatif dengan menggunakan rancangan *Pre-Eksperimen* menggunakan desain *One-Group Pre-test Post-test*. Sampel penelitian berjumlah 30 siswa-siswi kelas X A 3 di SMA Al Azhar 3 Bandar Lampung, yang dipilih secara total sampling. Data pengetahuan dikumpulkan melalui kuesioner yang diberikan sebelum (pre-test) dan sesudah (post-test) intervensi media booklet. Analisis data, analisis univariat dan analisis bivariat Uji statistik menggunakan Uji Wilcoxon Signed Rank Test.

Hasil penelitian menunjukkan bahwa nilai rata-rata *pretest* responden sebesar (67.14%) dan mengalami peningkatan menjadi (79.33%) setelah di lakukan *posttest* . Dari hasil statistic menggunakan uji *Willcoxon Signed-Rank Test* didapatkan nilai *Asymp Sig (2-tailed)* adalah $0,000 < 0,05$ sehingga H_0 diterima. Hasil tersebut menunjukkan ada pengaruh media booklet terhadap pengetahuan remaja tentang stunting. Kesimpulan bahwa terdapat pengaruh media booklet terhadap pengetahuan remaja tentang stunting. Saran bagi insitusi pendidikan edukasi media booklet sebagai salah satu bahan ajar tambahan dalam pendidikan kesehatan remaja, khususnya terkait dengan gizi kesehatan reproduksi dan pencegahan stunting.

Kata kunci : Pengetahuan, Media booklet, Stunting
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The Influence of Booklet Media on Adolescent Knowledge About Stunting at SMA Al Azhar 3 Bandar Lampung

xv + 47 pages, 6 tables, 2 figures, and 8 appendices

ABSTRACT

Stunting is one of the serious nutritional problems currently experienced globally. Stunting is also a condition of impaired growth and development in children caused by malnutrition, recurrent infections, and poor parenting. The World Health Organization (WHO) in 2021 reported that the incidence of stunting worldwide was 22% or 149.2 million people in 2020. Many factors contribute to stunting, such as adolescent reproductive health, early marriage, malnutrition during pregnancy, inadequate nutritional intake for growth and development, anemia since adolescence, and lack of information on family planning, especially related to stunting.

The purpose of this study was to determine the effect of booklet media on adolescents knowledge about stunting at Al Azhar 3 Senior High School Bandar Lampung.

This research employed a quantitative method with a Pre-Experimental design using a One-Group Pre-test Post-test approach. The research sample consisted of 30 students from class X A 3 at Al Azhar 3 Senior High School Bandar Lampung, selected by total sampling. Knowledge data was collected through questionnaires administered before (pre-test) and after (post-test) the booklet media intervention. Data analysis included univariate and bivariate analysis, with statistical testing using the Wilcoxon Signed-Rank Test.

The research results showed that the average pre-test score of respondents was (67.14%) and increased to (79.33%) after the post-test. From the statistical results using the Wilcoxon Signed-Rank Test, an Asymp Sig (2-tailed) value of $0.000 < 0.05$ was obtained, thus H_a was accepted. These results indicate an influence of booklet media on adolescents' knowledge about stunting. Conclusion The study concluded that booklet media significantly influences adolescents' knowledge about stunting. Suggestion For educational institutions, it's suggested that booklet media be used as supplementary teaching material in adolescent health education, especially concerning reproductive health nutrition and stunting prevention.

*Keywords: Knowledge, Booklet Media, Stunting,
References: 20 (2021-2023)*