

**PEMBERIAN HEALTH EDUCATION DENGAN MEDIA *LEAFLET*  
TERHADAP PENGETAHUAN IBU TENTANG POLA MAKAN  
BALITA STUNTING DI DESA BESOWO KECAMATAN  
KEPUNG**

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**ABSTRAK**

Stunting masih menjadi isu kesehatan serius di Indonesia karena berdampak pada fisik, perkembangan otak, dan masa depan anak. Namun, masih banyak ibu yang belum memahami penyebab dan cara penanganannya. Penelitian ini bertujuan untuk mengetahui pengaruh *health education* menggunakan media leaflet terhadap pengetahuan ibu tentang pola makan balita stunting. Metode yang digunakan pada penelitian ini adalah kuantitatif dengan desain *pre-test post-test* tanpa kelompok kontrol. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki balita di Desa Besowo yakni sebanyak 349 orang. Sampel dalam penelitian ini sebanyak 40 ibu yang memiliki balita dan berdomisili di Desa Besowo. Teknik sampling yang digunakan adalah *Quota Sampling*. Uji statistik yang digunakan *Mc Nemar*. Pengumpulan data dilakukan melalui kuesioner sebelum dan sesudah diberikan *health education*. Hasil penelitian menunjukkan bahwa sebelum diberikan *health education*, sebanyak 50,0% responden (20 orang) memiliki pengetahuan baik dan Setelah diberikan *health education*, prevalensi nya meningkat menjadi 82,5% (33 orang). Analisis menunjukkan hasil signifikan ( $p < 0,05$ ), yang berarti *health education* berpengaruh terhadap peningkatan pengetahuan ibu. Diharapkan pemberian *Health Education* melalui media leaflet dapat meningkatkan pemahaman ibu dalam mencegah dan menangani stunting, serta mendorong perubahan pola makan yang lebih efektif untuk mendukung tumbuh kembang balita.

**Kata Kunci** : Health Education, Leaflet, Pengetahuan, Pola Makan, Stunting

**HEALTH EDUCATION PROVISION USING LEAFLET MEDIA TO  
IMPROVE MOTHERS' KNOWLEDGE ABOUT EATING PATTERNS  
OF STUNTING TODDLERS IN BESOWO VILLAGE,  
KEPUNG DISTRICT**

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**ABSTRACT**

*Stunting remains a serious health issue in Indonesia because it impacts physical health, brain development, and the future of children. However, many mothers still do not understand the causes and how to treat it. This study aims to determine the effect of health education using leaflets on mothers' knowledge about the dietary patterns of stunted toddlers. The method used in this study was quantitative with a pre-test post-test design without a control group. The population in this study were all mothers with toddlers in Besowo Village namely 349 people. The sample in this study was 40 mothers with toddlers and domiciled in Besowo Village. The sampling technique used was Quota Sampling. The statistical test used was McNemar. Data collection was carried out through questionnaires before and after being given health education. The results showed that before being given health education, 50.0% of respondents (20 people) had good knowledge and after being given health education, the prevalence increased to 82.5% (33 people). The analysis showed significant results ( $p < 0.05$ ), which means that health education has an effect on increasing maternal knowledge. It is hoped that providing Health Education through leaflets can increase mothers' understanding in preventing and treating stunting, as well as encourage more effective changes in eating patterns to support toddler growth and development.*

**Keywords:** Health Education, Leaflets, Knowledge, Diet, Stunting