

ABSTRAK

ANALISIS PENYULUHAN GIZI SEIMBANG DENGAN MEDIA VIDEO DAN LEAFLET TERHADAP SIKAP PENCEGAHAN STUNTING PADA BALITA DI DESA MALANGSUKO KECAMATAN TUMPANG KABUPATEN MALANG

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Masalah stunting adalah salah satu isu penting dalam dunia kesehatan anak-anak yang masih menjadi perhatian besar, khususnya anak-anak di negara terbelakang dan negara berkembang. Tujuan dari penelitian ini adalah untuk menganalisis pengaruh penyuluhan melalui media video dan leaflet tentang gizi seimbang pada balita terhadap sikap ibu dalam pencegahan stunting di Desa Malangsuko Kecamatan Tumpang. Desain penelitian yang digunakan berupa *one group pre test-post test design*. Populasinya sebanyak 245 balita dan sampel yang digunakan sebanyak 71 responden. Teknik sampel menggunakan metode *Probability sampling* dengan teknik *Simple Random Sampling*. Variabel independennya adalah penyuluhan gizi seimbang pada balita sedangkan variabel dependennya adalah sikap ibu dalam pencegahan stunting pada balita di Desa Malangsuko Kecamatan Tumpang. Hasil penelitian yang dilakukan saat ini menunjukkan adanya peningkatan sikap yang sebelumnya 50,7% sikap negatif menjadi 97,2% sikap positif. Dari hasil uji statistik dengan uji *paired sample t-test* menggunakan SPSS didapatkan hasil $p = 0,001 < 0,05$ yang artinya ada pengaruh penyuluhan gizi seimbang dengan media video dan leaflet terhadap sikap pencegahan stunting pada balita di Desa Malangsuko Kecamatan Tumpang. Diharapkan dalam penggunaan media kombinasi video dan leaflet tentang gizi seimbang dalam upaya pencegahan stunting dapat memperjelas pemahaman kepada ibu balita agar mampu berkontribusi dalam pencegahan stunting.

Kata Kunci : Gizi Seimbang, Ibu Balita, Pencegahan Stunting, Penyuluhan, Sikap

ABSTRACT

ANALYSIS OF COUNSELING BALANCED NUTRITION COUNSELING WITH VIDEO AND LEAFLET MEDIA ON ATTITUDES TO PREVENT STUNTING IN TODDLERS IN MALANGSUKO VILLAGE, TUMPANG DISTRICT, MALANG REGENCY IN MALANGSUKO VILLAGE, TUMPANG DISTRICT, MALANG REGENCY

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The problem of stunting is one of important issue in the world of children's health that is still a big concern, especially children in underdeveloped and developing countries. The purpose of this study This study aims to analyze the effect of counseling through media and leaflets about balanced nutrition in toddlers on maternal attitudes towards stunting prevention in Malangsuko Village, Malangsuko Subdistrict, and Malangsuko District in the prevention of stunting in Malangsuko Village, Tumpang Subdistrict. Design The research design used was one group pre test-post test design. The population was 245 toddlers and the sample used was 71 respondents. The sample technique uses the Probability method sampling method with Simple Random Sampling technique. The independent variable is balanced nutrition counseling on toddlers while the dependent variable is the mother's attitude in preventing stunting in toddlers in Malangsuko Village, Tumpang District. The results of research conducted at this time showed an increase in attitude from 50.7% negative attitude to 97.2% positive attitude. From the results of the statistical test statistical test results with paired sample t-test using SPSS obtained the result of $p = 0.001 < 0.05$ which means that there is an effect of balanced nutrition counseling with video and leaflet media on the attitude of stunting prevention in toddlers in Malangsuko Village, Tumpang Subdistrict. stunting prevention in toddlers in Malangsuko Village, Tumpang District. It is expected that in the use of media combinations of video and leaflet about balanced nutrition in an effort to prevent stunting can clarify understanding to mothers of toddlers to be able to contribute to the prevention of stunting prevention.

Keywords : Balanced Nutrition, Mother of Toddlers, Stunting Prevention, Counseling, Attitude