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RAKA ADITIYA PRATAMA

**PENGARUH EDUKASI KESEHATAN MELALUI MEDIA *BOOKLET*
TERHADAP PENGETAHUAN IBU TENTANG VARIASI MAKANAN
BERGIZI BALITA DI PUSKESMAS PATARUMAN II KOTA
BANJAR**

ABSTRAK

Masalah gizi pada balita masih menjadi isu kesehatan masyarakat yang memerlukan perhatian serius. Kurangnya pengetahuan ibu mengenai variasi makanan bergizi berpotensi meningkatkan risiko gizi kurang, stunting, serta gangguan tumbuh kembang anak. Penelitian ini bertujuan untuk menganalisa pengaruh edukasi kesehatan melalui media *booklet* terhadap pengetahuan ibu balita tentang variasi makanan bergizi di wilayah kerja Puskesmas Pataruman II Kota Banjar. Penelitian ini menggunakan desain *quasi*-eksperimen dengan rancangan *pretest-posttest control group*. Sampel penelitian berjumlah 226 ibu balita yang dipilih dengan teknik *quota sampling*. Instrumen penelitian berupa kuesioner pengetahuan yang terdiri atas 15 pertanyaan pilihan ganda. Analisis data menggunakan uji *Wilcoxon* untuk membandingkan pengetahuan sebelum dan sesudah intervensi. Hasil penelitian menunjukkan adanya peningkatan signifikan skor pengetahuan ibu pada kelompok intervensi setelah diberikan edukasi menggunakan *booklet* ($p < 0,05$). Temuan ini menunjukkan bahwa media *booklet* efektif dalam meningkatkan pengetahuan ibu tentang variasi makanan bergizi balita. Dengan demikian, *booklet* dapat direkomendasikan sebagai media edukasi gizi yang sederhana, praktis, dan mudah diimplementasikan di posyandu sebagai upaya peningkatan pengetahuan ibu tentang variasi makanan bergizi balita.

Kata kunci: Edukasi, *booklet*, pengetahuan ibu, variasi makanan bergizi balita.

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***THE EFFECT OF HEALTH EDUCATION THROUGH BOOKLET
MEDIA ON MOTHERS' KNOWLEDGE ABOUT VARIATIONS OF
NUTRITIOUS FOODS FOR TODDLERS AT PATARUMAN II PUBLIC
HEALTH CENTER, BANJAR CITY***

ABSTRACT

Nutritional problems among toddlers remain a public health issue that requires serious attention. A lack of maternal knowledge regarding the variety of nutritious foods may increase the risk of malnutrition, stunting, and developmental disorders in children. This study aimed to determine the effect of health education through booklet media on mothers' knowledge about nutritious food variation for toddlers in the working area of Pataruman II Public Health Center, Banjar City. This research employed a quasi-experimental design with a pretest–posttest control group approach. The study sample consisted of 226 mothers of toddlers selected using quota sampling. The research instrument was a knowledge questionnaire comprising 15 multiple-choice questions. Data were analyzed using the Wilcoxon test to compare knowledge scores before and after the intervention. The results showed a significant increase in mothers' knowledge scores in the intervention group after receiving education through the booklet ($p < 0.05$). These findings indicate that booklet media is effective in improving mothers' knowledge of nutritious food variety for toddlers. Therefore, the booklet can be recommended as a simple, practical, and easily implemented nutrition education tool at posyandu to enhance mothers' understanding of nutritious food variety for toddlers.

Keywords: education, booklet, mothers' knowledge, nutritious food variety toddlers.