

PENGARUH EDUKASI MEDIA BOOKLET TERHADAP PENGETAHUAN KADER POSYANDU DALAM PENGUKURAN ANTROPOMETRI BALITA DI WILAYAH KERJA PUSKESMAS CIPADU

Assyifa Nurul Izzati

Abstrak

Kader posyandu memiliki peran strategis dalam pemantauan tumbuh kembang balita melalui kegiatan pengukuran antropometri sebagai dasar deteksi dini masalah gizi dan pencegahan stunting. Namun, masih ditemukan keterbatasan pengetahuan kader posyandu dalam melakukan pengukuran antropometri sesuai standar, yang berpotensi mempengaruhi akurasi data status gizi balita. Oleh karena itu, diperlukan upaya peningkatan pengetahuan kader melalui edukasi kesehatan yang efektif. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi media booklet terhadap pengetahuan kader posyandu dalam pengukuran antropometri balita di wilayah kerja Puskesmas Cipadu. Penelitian ini menggunakan desain quasi eksperimen dengan rancangan One Group Pre-Test and Post-Test Design. Populasi penelitian adalah seluruh kader posyandu di wilayah kerja Puskesmas Cipadu, dengan sampel sebanyak 46 kader yang dipilih menggunakan teknik non-probability sampling melalui metode purposive sampling. Variabel independen dalam penelitian ini adalah edukasi media booklet, sedangkan variabel dependen adalah pengetahuan kader posyandu dalam pengukuran antropometri balita. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan, kemudian dianalisis menggunakan uji Wilcoxon. Penelitian menunjukkan adanya peningkatan pengetahuan kader posyandu setelah diberikan edukasi menggunakan media booklet. Analisis statistik menunjukkan nilai ($p\text{-value} < 0,001$). Terdapat pengaruh signifikan edukasi media booklet terhadap peningkatan pengetahuan kader posyandu dalam pengukuran antropometri balita. Edukasi menggunakan media booklet berpengaruh secara signifikan terhadap peningkatan pengetahuan kader posyandu dalam pengukuran antropometri balita di wilayah kerja Puskesmas Cipadu. Penelitian ini diharapkan dapat menjadi acuan dalam pengembangan metode edukasi dan pelatihan kader posyandu guna meningkatkan kualitas pelayanan kesehatan masyarakat.

Kata Kunci : Antropometri balita, Booklet, Edukasi kesehatan, Pengetahuan kader, Posyandu

THE EFFECT OF BOOKLET EDUCATION ON THE KNOWLEDGE OF POSYANDU CADRES IN MEASURING CHILDREN'S ANTHROPOMETRY IN THE WORKING AREA OF CIPADU COMMUNITY HEALTH CENTER

Assyifa Nurul Izzati

Abstract

Posyandu cadres play a strategic role in monitoring the growth and development of children under five through anthropometric measurements as a basis for early detection of nutritional problems and stunting prevention. However, limited knowledge among posyandu cadres regarding standard anthropometric measurement procedures is still found, which may affect the accuracy of child nutritional status data. Therefore, efforts are needed to improve cadres' knowledge through effective health education. This study aimed to determine the effect of booklet-based educational media on the knowledge of posyandu cadres regarding anthropometric measurement of children under five in the working area of Cipadu Public Health Center. This study employed a quasi-experimental design with a one-group pre-test and post-test design. The study population consisted of all posyandu cadres in the working area of Cipadu Public Health Center. A total of 46 cadres were selected as samples using non-probability sampling with a purposive sampling technique. The independent variable was booklet-based educational media, while the dependent variable was the knowledge of posyandu cadres regarding anthropometric measurement of children under five. Data were collected using a knowledge questionnaire and analyzed using the Wilcoxon test. The results showed a significant increase in the knowledge of posyandu cadres after receiving education using booklet-based media. Statistical analysis indicated a (p -value < 0.001). Demonstrating a significant effect of booklet-based educational media on improving cadres' knowledge of anthropometric measurement. Booklet-based educational media have a significant effect on increasing the knowledge of posyandu cadres regarding anthropometric measurement of children under five in the working area of Cipadu Public Health Center. This study is expected to serve as a reference for developing educational methods and training for Posyandu cadres to improve the quality of community health services.

Kata Kunci : *Anthropometry of children under five, Booklet, Health education, Posyandu cadres' knowledge, Posyandu*