



Contraceptive 3 Month Injection Booklet to Increase Knowledge and Attitude of The Acceptor

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ABSTRACT

Contraceptive 3-month Injection Booklet is a type of printed media in book form to help health workers convey health messages. This research aims to determine the effect of using booklets on the knowledge and attitudes of 3-month contraceptive injection acceptors at Clinic, Samarinda. This research uses a quantitative type of research with a Quasi-Experimental research design (One Group Pre-post test design). The clarity was carried out in April-May 2024, with a population of 19 3-month contraceptive injection acceptors who visited the clinic. The sampling technique used accidental sampling due to the short research period and limited injectable contraceptive acceptors. data was obtained through pre-test and post-test questionnaires. The results of the analysis obtained a sig value of 0.002, where the p value is 0.05, which means that there is an influence of the use of booklets on the knowledge of 3-month contraceptive injection acceptors. It is determined that there is no impact of utilizing the booklet on the knowledge of 3-month injectable birth control acceptors since the sig value of 0.083 is more than >0.05 in contrast to the attitude value. The use of 3-month injectable contraceptive booklets is effective as a counseling tool to increase acceptor knowledge.

Keywords: Booklet, Knowledge, Attitude, Contraceptive, 3-month Injection

INTRODUCTION

Indonesia's population growth has increased from time to time. To control the population, the government of the Republic of Indonesia launched the Family Planning (KB) Program. According to the World Health Organization (WHO, 2019), Family Planning can enable couples of childbearing age (PUS) to anticipate birth, regulate the desired number of children, and regulate the spacing and timing of births.

This can be achieved through the use of contraceptive methods and infertility measures. So, family planning is an effort to space out or plan the number and spacing of pregnancies using contraception with the aim of creating a small, happy, and prosperous family.

According to the Indonesian Ministry of Health (2019), in Indonesia, the most widely used contraceptive method is injectable birth control, namely (63.71%), the pill is the second most used (17.24%), and the IUD is one of the long-term contraceptive methods, which is in third place, namely 7.35%. (Munawarah et al., 2024)

According to the (profil kesehatan kaltim, 2022) the number of active family planning participants was 269,987 participants. Meanwhile, for the city of Samarinda itself, the number of active

family planning participants is 48,302 participants.

Based on research conducted by (Munawarah, 2023), it shows that knowledge of acceptors of 3-month contraceptive injections is still relatively low. This will influence acceptors' attitudes towards health behavior.

Knowledge is a continuation of the results of a person's "knowing" after carrying out certain sensing of an object. Knowledge can be carried out using the 6 human senses, namely through the sense of sight, the sense of hearing, the sense of taste, the sense of smell and the sense of touch. The knowledge that each person has is different because the sensing of each object is different (Notoatmodjo, 2017).

Health workers have a role to improve the knowledge and attitudes of acceptors in using injectable contraceptives, several approaches can be taken such as counseling and counseling. In providing counseling and counseling, of course, requires media or tools that can be used to convey messages. One of them is printed media in the form of booklets.

The educational factors, materials, methods and media or tools can be used to achieve success in health promotion. One of the most effective print media for health promotion is booklets. Booklets are a medium for conveying health messages in the form of writing and images. Booklets

as channels, tools, facilities and supporting resources for conveying messages must adapt to the content of the material to be conveyed (Puspitasari, 2022)

The presentation of the booklet using pictures and colors provides an attractive appearance. Booklets are almost similar to books which are made in various forms of attractive designs with information content presented briefly and clearly (Pralisaputri et al., 2016)(Saputri et al., 2021).

Preliminary studies conducted by researchers show that at the Enug Clinic itself, apart from inaccurate repeat visits made by acceptors, insufficient knowledge of the indications, contraindications, advantages and disadvantages, and how the 3-month injection works affects acceptor behavior regarding motivation to use 3-month injection contraception. this itself.

Based on the description above, researchers are interested in examining the effect of using booklets on the knowledge and attitudes of 3-month contraceptive

injection acceptors at the Enug Clinic, Samarinda City.

METHOD

This research uses a quantitative type of research with a quasi-experimental research design (one group pre-post test design). The samples used in this study were 19 3-month injectable family planning acceptors who met the inclusion criteria, including women of childbearing age who are married and use injectable contraceptives. The sample used was 19 respondents with accidental sampling technique. This research design used one group; previously, a pre-test was carried out to measure the knowledge and attitudes of 3-month contraceptive injection acceptors, then intervention was given through booklet media to 3-month contraceptive injectable acceptors at the Enug Clinic, Samarinda City, and then a post-test was carried out. The data analysis used is the Wilcoxon test.

RESULTS AND DISCUSSION

Results

The results of this research are presented in the following table form :

Table 1. Characteristics of Respondents Based on Age, Education, Occupation and Parity

Category		Frequency (F)	Percentage (%)
Age	<20 Years	1	5,3%
	20-35 Years	7	36,8%
	>35 Years	11	57,9%
Education	elementary school	1	5,3%
	Junior high school	4	21,1%
	Senior High School	13	68,4%
	bachelor	1	5,3%
Jobs	Works	4	21,1%
	Doesn't work	15	78,9%
Parity	Primipara	3	15,8%
	Multipara	15	78,9%
	Grande multipara	1	5,3%
Total		19	100%

Based on Table 1, it can be seen that the majority of respondents were over 35 years old, namely 11 people (57.9%), most of them had high school education, 13 people (68.4%), the occupation of almost

all respondents was not working, 15 people (78.9%), and parity for almost all multiparous respondents was 15 people (78.9%).

Table 2. Frequency Distribution of Knowledge Results of Birth Control Injection Acceptors 3 Months Before and After Being Given Exposure to Booklet Media

Knowledge	Pre-Test		Post-Test	
	F	%	F	%
Good	5	26.3%	16	84,2%
Enough	12	63.2%	3	15,8%
not enough	2	10.5%	0	0
Total	19	100%	19	100%

Based on Table 2, it shows that the majority of 3-month contraceptive injection acceptors had sufficient knowledge before being given contraceptive exposure using booklet media, namely 12 people (63.2%).

Meanwhile, there was an increase in the knowledge of 3-month injection contraceptive acceptors after being exposed to family planning using booklet media in the good category, namely 16 people (84.2%).

Tabel 3. Frequency Distribution of The Attitude Results of KB Injection Acceptors 3 Months Before and After Being Given Exposure to Booklet Media

Attitude	Pre-Test		Post-Test	
	F	%	F	%
Positif	16	84.2%	19	100%
Negatif	3	15.8%	0	0%
Total	19	100%	19	100%

Based on Table 3, it shows that there is a difference before and after being given exposure to 3-month contraceptive injections using booklet media with the pretest score before being given exposure to positive attitudes, namely 84.2%. After being exposed to booklet media, the respondent's positive attitude increased by 100%.

So it can be concluded that there is an influence of using the booklet on the knowledge of 3-month contraceptive injection acceptors at Clinic. Inversely proportional to the attitude value, the sig value was obtained, namely 0.083, which was >0.05 , so that H_0 was accepted, so it was concluded that there was no effect of using the booklet on the attitude of acceptors of 3-month contraceptive injections.

Discussion

According to the respondents' demographics, the majority of them were between the ages of 31 and 40, and the majority of them (68.4%) had completed high school. Education might have an impact on the respondents' knowledge. Education is necessary to obtain knowledge, such as health-related information that can enhance one's quality of life. Age will influence a person's attitude and decision-making, but

generally speaking, the more educated a person is, the easier it is for him to absorb knowledge that influences his health behavior (Munawarah, 2023). Meanwhile, regarding education, the majority of respondents (68.4%) were high school graduates, respondents' knowledge can be influenced by education. Education is needed to obtain information, for example things that support health so that it can improve the quality of life. In general, the higher a person's education, the easier it is to receive information, so that it influences their health behavior. (Munawarah, 2023)

Based on the characteristics of respondents, almost all mothers do not work (78.9%), type of work can reflect the level of access to information and daily activities that can influence participation in family planning programs as well as the ability to obtain and process information from the media (Wulandari et al., 2020). However, work does not influence the desire of family planning acceptors to use 3-month injectable family planning, this is because they are housewives or do not work but have sufficient economic status and have a positive attitude in looking at the future.

In research conducted by several respondents stated that the 3-month contraceptive injection was quite cheap and affordable for them, using it for quite a

long time, namely once every 3 months so that it did not disrupt the family's economy. Based on the research results, it shows that the majority of 3-month contraceptive injection acceptors had sufficient knowledge before being given exposure to family planning using booklet media, namely 12 people (63.2%). Meanwhile, there was an increase in the knowledge of 3-month injection contraceptive acceptors after being exposed to family planning using booklet media in the good category, namely 16 people (84.2%) The fact that booklet media has experienced a greater increase in knowledge is supported by the statement that booklets have several advantages, including that they can be used by everyone, are easy to carry everywhere, can be used at any time, and are not easily damaged. (Munawarah, 2023). This increase in value is supported by (Notoatmodjo, 2018) who states that knowledge is the result of knowing and occurs after people sense a particular object and includes the main aim of health education, namely changing or increasing knowledge, where knowledge is a very important domain for the formation of a person's actions. (Irawati et al., 2019)

These results are in accordance with research conducted by Arista Apriani and Mei Lina (2015) in Munawarah (2023) which states that health education using

booklets can increase knowledge with a p-value of 0.001. Apart from that, this is also in accordance with research conducted by (Nurrasyidah et al., 2017) entitled The Effect of Applying the Visit Booklet to 3-Month KB Injection Acceptors on Knowledge, Attitudes and Timeliness of Return Visits, which shows that there was an increase in the average knowledge in the treatment group by 33%. and 25% in the control group. (Cucu Supriatin et al., 2024; Ratnaningsih & Galaupa, 2023)

Health education media is one of the means that can be used to convey health information so that it can increase knowledge which can ultimately change behavior in a positive direction. According to Notoatmodjo (2012) knowledge is influenced by experience, socio-economic environment, education, exposure to mass media or information. (Munawarah, 2023)

Health education using booklets is classified as health education based on indirect communication techniques because the instructor does not deal directly with the respondent, but through booklet media and is classified as health education based on the sense of sight, The results of previous studies show the average value of maternal knowledge about the side effects of 3-month injectable birth control before being given intervention with booklet media is 66.94 then after being given intervention with

booklet media 80.8. The data results increased by 13.87 with a standard deviation before being given the booklet was 9.891 and after being given the intervention to 2.745. (Anwar et al., 2023) This is in accordance with Edgar Dale's theory of the cone of experience which states that booklets are in the read and view images class, while lectures are in the hear class. Respondents can remember 10% of what they read and can remember 30% of what they see, whereas in the hearing class respondents can only remember 20% of what they hear. (Munawarah, 2023)

According to researchers' assumptions, health education media is very important because it is a means that can be used to convey health information so that it can increase knowledge and ultimately change attitudes in a positive direction.

1. The effect of using the booklet before and after exposure on the attitudes of acceptors of 3-month contraceptive injections at the Enug Clinic, Samarinda City

Based on the research results, it shows that there is a difference before and after being given exposure to 3-month contraceptive injections using Booklet media, namely that the positive attitude is 84.2% before being given exposure using the 3-month injectable KB Booklet and becomes 100% after being given exposure using 3-month

KB Injection Booklets, however This change is not significant where the V- Palue result is 0.083 which is > 0.05 .

According to Wawan and Dewi (2010), attitude is a general evaluation that humans make of themselves, other people, objects or issues. This can happen because in theory it is often stated that attitude is a determinant (predisposition) that gives rise to behavior that is in accordance with the attitude. Attitudes grow, starting from knowledge that is perceived as something good or bad, then internalized within oneself (Munawarah, 2023). This research is in line with Lawrence Green's theory, namely that attitude is one of the predisposing factors that can influence changes in a person's behavior (Nurrasyidah et al., 2017).

According to Brunner, basically each individual's knowledge varies and will continue to increase according to experience. Newly obtained information can be a substitute for previous information or as a complement to previous information (Munawarah, 2023). One strategy to convey information more efficiently in increasing working memory capacity is repetition. Repetition is the process of retaining information in working memory repeatedly. Repetition plays an important role in learning. The longer information remains in working memory, the greater the likelihood that the

information will be transferred to long-term memory. Experts state that information can be stored in the listener's memory for a long time if it is repeated many times (Pralisaputri et al., 2016).

This is in line with research conducted by (Nurrasyidah et al., 2017) in his research on the comparison of acceptor attitude scores, there was no significant difference where the p value was > 0.05 , this shows that the attitude of acceptors of 3-month contraception injections between the visit booklet and the Those who did not receive a visit booklet were no different, however, in the research, this visit booklet was able to increase the percentage of return visits by 3-month injectable contraceptive acceptors in carrying out repeat visits.

Researchers assume that conveying information can be more efficient in increasing working memory capacity through repetition. Repetition is the process of retaining information in working memory. In addition, a person's attitude can be influenced by internal or external factors. Internal factors are personal or individual while external factors can be obtained from the environment, experience, social media (Aswanto. et al., 2023).

2. The effect of using the booklet on the knowledge and attitudes of 3-month family planning injection acceptors at the Enug Clinic, Samarinda City

The results of the research show that there is an influence of the use of booklets on the knowledge of 3-month injection contraceptive acceptors. This can be seen from the research results before the intervention was carried out, the majority of respondents had poor knowledge and after the intervention using the booklet the respondents' knowledge increased to good. Initially, the respondents' knowledge was still lacking because previously the respondents, namely 3-month contraceptive injection acceptors, had never received information about marriage preparations and after being given counseling using the booklet, there was a very good increase seen from the increase in knowledge from poor to sufficient and good, this shows that the booklet had an effect regarding knowledge of 3-month contraceptive injections, based on research results, 100% of all respondents experienced a change in knowledge. Inversely proportional to the attitude value, the sig value was obtained, namely 1,000, greater than >0.05 , so H_0 was accepted, so it was concluded that there was no effect of using booklets on the knowledge of contraceptive acceptors. injection 3 months

The work environment can also provide knowledge or experience to a person, either directly or indirectly, which will also influence a person's process of

receiving knowledge so that it also has an impact on behavior. (Mubarak, 2021). Apart from that, interactions with people who are considered important also influence the behavior of acceptors who use 3-month contraceptive injections (Kadir, 2019). Acceptors with housewife status rarely do sports so there is a possibility of a lack of physical activity because there is relatively little activity at home.

Some housewives help those who do their needs, so the activities they do tend not to expend much energy and the nutritional intake that is put into the body is not balanced with the energy that is released through physical activity or that is released through sweat or burning fat. Thus, housewives should also need to exercise to maintain their health and maintain the weight of those who gain weight.

In terms of family income, it is one of the factors that influences acceptance and decision making regarding the health problems experienced (Rachmayani, 2020). The acceptor's low income will make it difficult to make decisions in dealing with the side effects experienced, such as seeking symptomatic treatment (symptom relief) for nausea or dizziness, and health maintenance in the form of meeting the dietary needs of the acceptor with the side effect of increasing body weight. With long-term use, changes in the

menstrual cycle are the most commonly experienced side effects, so acceptors who have used it for more than 2 years have more positive behavior in dealing with these side effects due to long-standing experience.

This research shows that efforts to realize the handling of side effects of injectable contraceptives in injectable contraceptive acceptors require good participation from local health workers. Lack of understanding regarding the explanation of side effects by health workers can also influence the behavior of mothers who experience side effects of 3-month contraceptive injections. Apart from that, the lack of activity or self-desire to seek information such as reading newspapers, magazines, watching television/news, especially about health, means that there are still many mothers who use 3-month injectable birth control who have a negative attitude towards the side effects they experience.

Good participation from local health workers is carried out through promotive activities, namely through counseling, counseling classes for mothers and couples of childbearing age in health services. In preventive activities, the side effects of 3-month contraceptive injections can be overcome by taking action according to the complaint felt. In preventive activities, the side effects of injectable birth control

can be overcome by taking action according to the complaint felt.

If the patient experiences nausea and vomiting, inform them that this is normal and will disappear in the near future. If amenorrhoea occurs, stop the injection, and explain that the hormones progesterin and estrogen have very little effect on the fetus. Curative action can be taken by administering Fe tablets to acceptors who experience blood spots, as well as administering mefenamic acid for pain relief. Curative action can be carried out by local health workers, namely by giving birth control pills to acceptors who experience the side effects of amenorrhea and spotting. And rehabilitative actions can be carried out by health workers to maintain or maintain the quality of health services (Nurrasyidah et al., 2017).

Local health workers have a good role because they are able to provide positive changes in results for the local environment, this can be strengthened by the existence of supporting data such as recording data, as well as changes that can be seen directly. Quality health services greatly influence people's health behavior, therefore the role of quality health workers in handling the side effects of 3-month contraceptive injections can be measured and determined from the resolution of complaints felt by acceptors (De Vatima Gudino et al., 2023)

Researchers assume that the use of the Booklet will increase the knowledge of injectable contraceptive acceptors about various aspects of contraception, including how it works, side effects and benefits. The booklet is designed to provide comprehensive and easy to understand information. By increasing knowledge, it is hoped that acceptors can make more informed decisions about choosing a contraceptive method that suits their needs and preferences (Noftalina et al., 2023).

Researchers assume that there is no significant change in the attitude of injectable contraceptive acceptors after using the Booklet to be more positive towards the use of this contraception. Because it is influenced by the respondent's cognitive attitude, where Azwar S (2013) in theory (Andini, 2021) explains that the cognitive component is a representation of what the individual believes, the cognitive component contains the stereotyped beliefs that the individual has about something, especially regarding issues or controversial issues.

However, Azwar S also believes that there are several factors that influence a person's attitude, including the respondent's personal experience and the influence of other people who are considered important. In the future, it is hoped that the information conveyed through the booklet will influence the fear or uncertainty that

acceptors may have regarding injectable contraceptives.

This can influence their attitude to be more accepting and choose this method as a suitable choice. Counseling that is given correctly and comprehensively to someone will have an impact on a positive attitude. It can be seen from the theory that the counseling process is basically a process of changing individual behavior in the system, and the main concern lies in the interaction of individuals in the system. Individuals in the system have goals to achieve through counseling.

The goal to be achieved is a change in attitude in the individual, both in the form of views, attitudes, traits and skills that better enable the individual to accept, realize themselves, develop themselves, prevent and be able to overcome problems optimally as a manifestation of an individual who has an independent personality. (Darling-Hammond et al., 2020)

CONCLUSION

The use of 3-month injectable contraceptive booklets can increase acceptor knowledge. So that health workers can use booklets to disseminate information and educational materials. However, this booklet does not have a significant effect in changing the acceptor's attitude. This can be influenced

by other factors including experience and external factors such as the environment, social media.

ACKNOWLEDGEMENT

The author would like to thank all parties involved in this research process so that this research was completed on time.

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