



The Influence Of Booklet Media In Increasing Maternal Knowledge On The Growth And Development Of Toddlers Aged 1-5 Years

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ABSTRACT

The number of delays in growth and development in Indonesia is still high, around 5-10% have delays in growth and development in general. Child development is influenced by several factors and one of them is maternal knowledge. In Posyandu Johar Sari mothers of toddlers have insufficient knowledge about the growth and development of their children. The purpose of this research was to determine the influence of booklet media in the increasing of maternal knowledge on the growth and development of toddlers. The type of quantitative research with Pre-Experiment method and research design using one group Pretest then Post-test. The number of samples of 28 mothers was determined from purposive sampling. Data collection using questionnaire sheet. Data analysis using SPSS software with wilcoxon test and the results p value of 0.000 or $p < 0.05$. The result shows that there is an influence of booklet media in increasing maternal knowledge on toddler growth and development.

Keywords: Booklet, Growth, Knowledge, Toddler

INTRODUCTION

The growth and development of Indonesian children still needs attention, the rate of delay in growth and development is still quite high, about 5-10% have a general delay in growth and development. 2 out of 1000 children have impaired motor development and 3 to 6 per 1000 children also have hearing problems and 1 in 100 children have low intelligence and speech delay 5 (Sugeng et al., 2019). One of the other growth and development problems that are in the spotlight in Indonesia is stunted.

According to the World Health Organization (WHO), there were 122 million stunted children in 2019, and there were 149.2 million stunted children in 2020, so that within one year there was an increase of 23.1% (Astuti, 2021). Based on the results of the Indonesian nutritional Status survey (SSGI) by the Ministry of Health, the prevalence of stunting in children under 5 years of age in 2021 was 24.4%. This means that almost a quarter of Indonesian children under the age of 5 have experienced stunting in the past year. However, this number is lower than 26.9% in 2020. Based on DIY profile data in 2021, the prevalence of stunting reached 11.3%, this figure decreased when compared to last year (Kemenkes RI, 2021).

One of the districts in Yogyakarta, is confirmed to be ranked first in the toddler stunting rate of 8.36% in 2021. Srandakan region became the third region with the highest stunting rate in Bantul regency with a prevalence of 12.93%. The village of Poncosari with 54 cases with a prevalence of 14%. Child development is influenced by several factors, including genetic and environmental factors. Environmental factors are divided into three categories, namely prenatal, perinatal, and postnatal environmental factors, and are included in prenatal environmental factors, namely the nutritional history of pregnant women, mechanical and chemical toxins. Furthermore, perinatal and postnatal environmental factors such as low birth weight include biological factors (race, sex, nutritional status), physical and environmental factors, and psychosocial factors (stimulation, learning). Motivation, peer group, appropriate reward or punishment, stress, school). Affection and affection, quality of parent-child interaction) and family factors (work/family income, father/mother Education, number of siblings, religion, urbanization, parenting, customs) (Soetjiningsih & Ranuh, 2015).

Research conducted by Khadijah, et al (2022) shows that early childhood development is indirectly influenced by

both parents. Development is also influenced by stimulation by parents. Stimulation is a stimulus that comes from the external environment of the child. Children who are targeted and regularly stimulated grow faster than sick or unstimulated children. Parents play a major role in inspiring children (Fradisa, L. Primal, D. Gustira, 2022).

The importance of early detection stimulation of child growth and development is influenced by the age and education of the mother. Age and education are positive factors that make it easier for mothers to receive knowledge, innovation and new information. According to Kurniawati's research, most mothers are included in the category of poor in terms of early detection of pre-Education growth and development. In other words, there were 61 people (76.3%). This is influenced by the age of the mother and the education of the mother. Mothers were a small percentage (11.3%) of up to 9 respondents under the age of 20. The age of the mother is closely related to her knowledge, as the mother grows older, so does her knowledge, and vice versa. In addition, maternal knowledge is a cognitive domain in shaping the ability of mothers to predict the growth and development of children from an early age. The results showed that most mothers ability to recognize early

childhood development after education was in the competent category up to 75 (93.8%). Maternal age is mainly in the adult age group, most of whom have completed higher and Secondary Education (Riyadi & Sundari, 2020).

One of the government programs as an effort to monitor the growth and development of toddlers is Posyandu toddlers and utilization of KIA books by cooperating with cadres. According to data from Riskesdas (2018) and the Yogyakarta city Health Office (2017), the coverage of KIA books in Yogyakarta reached 100%, but there is no detailed data related to the use of KIA books. Utilization of KIA book as a recording of immunization and weight at posyandu. Evaluation assess the utilization of KIA books by mothers or caregivers have not been recorded by the district or City Health Office, health centers and other health personalities (Lulianthy et al., 2020).

METHOD

This research is a quantitative research that used Pre-Experiment method. The design of the study used the design of one Group Pre-test and then Post-test. This experimental research was carried out in the Posyandu Johar Sari in Sambeng 1 RT 3, Poncosari village, Srandakan District, Bantul regency, DIY in December 2022 - February 2023. The number of research

samples of 28 people was determined using purposive sampling with inclusion criteria for mothers of toddlers who came to Posyandu Johar Sari and were willing to be respondents. Data collection using questionnaires and education using booklets. Data collection with the distribution of the first questionnaire as a pretest, respondents fill in their personal data in the available columns. Then educational interventions are carried out using booklets. The next stage is the collection of posttest data using the questionnaire provided. Continued the process of data analysis with SPSS wilcoxon test.

RESULTS AND DISCUSSIONS

Result

Univariate analysis is used to determine the spread or frequency distribution of each variable in this study. Such as respondents' education variables, occupation, to the age of respondents.

Bivariate analysis was conducted to determine the effect of booklet media on improving maternal knowledge before and after the intervention. The statistical test used in this study is the wilcoxon test because the results of the data are not normally distributed.

Table 1. Frequency Distribution Of Respondent Characteristics

Variabel	F	%
Age (n=28)		
Pre Mature	4	14,3
Early Mature	16	57,1
Late Mature	8	28,6
Job (n=28)		
Work	10	35,7
Not Working	18	64,3
Education (n=28)		
Primary Education	13	46,4
Higher Education	15	53,6

Source: *primary data, 2023*

Based on the table above show that the frequency distribution of respondents in Posyandu Johar Sari has the majority of early adulthood with a total of 16 respondents (57.1%) and at least pre-

adulthood with a total of 4 respondents (14.3%). The frequency distribution of the work of the majority of respondents are not working, amounting to 18 mothers (64.3%).

Table 2. Pretest And Posttest Influence Of Media Booklet In Increasing Maternal Knowledge Of Growth And Development Toddler 1-5 Year

Variabel	Knowledge		
	Mean	Difference	P Value
Pretest	34,00	24,93	0,000
Posttes	58,93		

Source: *primary data, 2023*

Based on the table above, the test results of respondents knowledge data before and after the intervention was given using the Wilcoxon signed rank test and obtained the value of p value = 0.000 or p value < 0.05 which means Ha is accepted. In this case, there is an influence of booklet media in increasing maternal knowledge on the growth and development of toddlers aged 1-5 years at Posyandu Johar Sari.

Discussion

Maternal characteristics based on the most pre-adult age (57.1%). Mothers with more mature age certainly have a growing mindset and better capture power so that the knowledge they have is also incremented (Lestari, 2021). Research conducted by Nurul Khotiah's (2020) maternal age is one of the factors that indirectly affects the nutritional status and development of toddlers. Mothers who have knowledge about the growth and development of children tend to create an environment that is in accordance with the child's abilities (Khotiah & Rokhanawati, 2020).

Based on the results of the frequency distribution of the characteristics of the mother's work obtained some are not working that is 18 respondents (64.3%). Working mothers have a shorter time to monitor the growth and development of children when compared to mothers who do not work. According with Anastasia's research (2021) working mothers have minimal time and knowledge of their child's development, which indirectly affects the delay in grown (Badar et al., 2021). Meanwhile, non-working mothers have more intense time to monitor each child's development.

Result of frequency distribution of Education characteristics, most of the mothers received higher education, namely 13 people (46.4%). In a review of the theory, it is mentioned that one of the factors affecting a person's knowledge is education. These result is in accordance with Emilia Yunritati's (2021) research that a mother's low or high educational background can have an effect on her behavior and knowledge during posyandu visits for toddler growth and development activities (Rehing et al., 2021).

Before being given treatment or media booklet education, Some Mothers of toddlers do not know in depth about the growth and development of toddlers ranging from factors, growth disorders, to the importance of posyandu. But after the education, the mother's knowledge about the growth and development of toddlers increased. The researchers' assumption is due to the lack of in-depth and thorough information related to the growth and development of toddlers aged 1-5 years.

Based on the results of statistical tests using the wilcoxon test, the results obtained p value = 0.000 or p value < 0.05 which means that there is an influence of booklet media in increasing maternal knowledge on the growth and development of toddlers aged 1-5 years in Posyandu Johar Sari. The assumption of researchers from these results is that the information provided adds insight into the mother so as to increase knowledge about the growth and development of toddlers.

Research on the effect of counseling with video media on maternal knowledge and attitudes about child growth and development, which showed results of p value = 0.000 or p value < 0.05. There is an influence of counseling using video media on the knowledge and attitudes of mothers about child development. The results of increased knowledge is quite significant, namely 50% and 30% attitude

at the time of posttest (Triguno et al., 2020).

Health education can improve cognitive, psychomotor, affective aspects for the better. The Target of Health Education has changed to a wider insight and improved quality of life. Health education will be more optimal if assisted with supportive learning media such as leaflets, booklets, or audio-visual media such as video (Oktorina et al., 2019).

The result of research entitled the application of video-based in improving mother's knowledge and attitudes about behavioral problems among preschool children with the results of p = 0.004 or p value < 0.005 which means that education using video has a significant influence and increases knowledge and attitudes of mothers about the behavior of preschoolers (Romantika et al., 2020).

Factors that influence early detection of child growth and development are education, knowledge and economic level (Olii, 2016). School age children (9-12 years) both in elementary schools on the outskirts of Manado City and in elementary schools close to the center of Manado City before being given a video screening and given leaflets about Hand Hygiene, namely how to wash hands properly and appropriately for school age children (9-12 years old), do not yet know and understand how to wash hands using 7

steps, but after being shown the video and giving leaflets to school age children (9-12 years old), they already understand and understand and can even wash their hands correctly and precise. School Age Children (9-12 years) both in elementary schools on the outskirts of Manado City and in elementary schools close to the center of Manado City before and after being given a video screening and given leaflets about nail hygiene, they already know and understand about nail hygiene and can carry out cutting long nails yourself and clean dirty nails (Jati, 2016).

From the results of the research above, it is known that education used booklets have a significant influence on improving mother's knowledge. It is also one of the uses and the advantages of booklets as a medium of information are also the reason researchers choose booklets to be educational media.

CONCLUSION

Based on the results of research and discussion of the influence of booklet media in increasing maternal knowledge on the growth and development of toddlers aged 1-5 years in Posyandu Johar Sari, the following conclusions can be drawn: Age characteristics the majority of mothers are pre-mature and do not work and some mothers have higher education. Overview of knowledge improvement before and

after intervention using booklet media with pretest (34.00) and posttest (58.93). There is an influence of booklet media in increasing maternal knowledge on the growth and development of toddlers aged 1-5 years in Posyandu Johar Sari ($p=0.000$).

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