

ABSTRAK

Salwa Salsabila Safira. 2024. Perbedaan Pengetahuan, Sikap, dan Keterampilan Ibu Balita Usia 6-24 Bulan dalam Mencegah Stunting Sebelum dan Sesudah Diberikan Penyuluhan Gizi dengan Media Leaflet Di Desa Kedamean Kecamatan Kedamean Kabupaten Gresik. Program Studi Sarjana Terapan Gizi dan Dietetika, Jurusan Gizi, Politeknik Kesehatan Kemenkes Malang. (dibawah bimbingan : **Sugeng Iwan S, STP., M. Kes. Dan I Nengah Tanu Komalya, DCN., SE., M. Kes., RD**).

Latar Belakang : Stunting merupakan kondisi gagal tumbuh pada anak balita akibat dari kekurangan gizi kronis sehingga anak menjadi terlalu pendek untuk seusianya. Hasil survey kesehatan Indonesia tahun 2023 mencatat prevalensi stunting sebesar 21,5% dan telah terjadi penurunan prevalensi stunting selama 10 tahun terakhir yaitu pada tahun 2021-2023. Meskipun sudah terjadi penurunan, stunting masih menjadi tantangan pemerintah karena target dalam RPJMN 2020-2024 yang menargetkan prevalensi stunting sebesar 14% pada tahun 2024. **Tujuan :** Mengetahui perbedaan pengetahuan, sikap, dan keterampilan ibu balita usia 6-24 bulan dalam mencegah stunting sebelum dan sesudah diberikan penyuluhan gizi dengan media leaflet di Desa Kedamean Kecamatan Kedamean Kabupaten Gresik. **Metode :** Metode penelitian pre-eksperimental dengan menggunakan rancangan One Group Pre-test Post-test. Sampel penelitian 30 responden tanpa adanya kelompok kontrol. Analisis statistik menggunakan uji Wilcoxon. **Hasil :** Hasil analisis menggunakan uji Wilcoxon data pengetahuan dan keterampilan didapatkan nilai signifikansi 0,001 ($p < 0,05$), sedangkan data sikap didapatkan nilai signifikansi 0,749 ($p > 0,05$). Ada perbedaan pengetahuan dan keterampilan yaitu rata-rata skor sesudah diberikan penyuluhan gizi dengan media leaflet lebih tinggi dari sebelum diberikan penyuluhan gizi dengan media leaflet. Tidak ada perbedaan sikap yaitu rata-rata skor sebelum dan sesudah diberikan penyuluhan gizi dengan media leaflet sama. **Simpulan :** Ada perbedaan pengetahuan dan keterampilan sebelum dan sesudah diberikan penyuluhan gizi dengan media leaflet. Tidak ada perbedaan sikap sebelum dan sesudah diberikan penyuluhan gizi dengan media leaflet.

Kata Kunci : Penyuluhan Gizi; Leaflet; Stunting; Pengetahuan; Sikap; Keterampilan

ABSTRACT

Salwa Salsabila Safira. 2024. Differences in Knowledge, Attitudes, and Skills of Mothers of Toddlers aged 6-24 months in Preventing Stunting Before and After Nutrition Counseling with Leaflet Media in Kedamean Village, Kedamean District, Gresik Regency. Bachelor of Applied Nutrition and Dietetics Study Program, Department of Nutrition, Health Polytechnic of the Ministry of Health Malang. **(under the guidance of: Sugeng Iwan S, STP., M. Kes. And I Nengah Tanu Komalya, DCN., SE., M. Kes., RD).**

Background: Stunting is a condition of growth failure in children under five years of age due to chronic malnutrition so that children become too short for their age. The results of the Indonesian health survey in 2023 recorded a stunting prevalence of 21.5% and there has been a decrease in stunting prevalence over the past 10 years, namely in 2021-2023. Although there has been a decrease, stunting is still a challenge for the government because the target in the 2020-2024 RPJMN is to target a stunting prevalence of 14% by 2024. **Objective:** To determine the differences in knowledge, attitudes, and skills of mothers of toddlers aged 6-24 months in preventing stunting before and after being given nutrition counseling with leaflet media in Kedamean Village, Kedamean District, Gresik Regency. **Methods:** Pre-experimental research method using One Group Pre-test Post-test design. The research sample was 30 respondents without a control group. Statistical analysis using the Wilcoxon test. **Results:** The results of the analysis using the Wilcoxon test of knowledge and skills data obtained a significance value of 0.001 ($p < 0.05$), while the attitude data obtained a significance value of 0.749 ($p > 0.05$). There are differences in knowledge and skills, namely the average score after being given nutrition counseling with leaflet media is higher than before being given nutrition counseling with leaflet media. There is no difference in attitude, namely the average score before and after being given nutrition counseling with leaflet media is the same. **Conclusion:** There are differences in knowledge and skills before and after being given nutrition counseling with leaflet media. There is no difference in attitude before and after being given nutrition counseling with leaflet media.

Keywords: Nutrition Counseling; Leaflet; Stunting; Knowledge; Attitude; Skills