

ABSTRAK

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PENGARUH PENDIDIKAN KESEHATAN PENCEGAHAN STUNTING DENGAN VIDEO ANIMASI TERHADAP PENGETAHUAN DAN SIKAP IBU TENTANG 1000 HARI PERTAMA KEHIDUPAN DI WILAYAH KERJA PUKESMAS SIDOTOPO WETAN

xvi + 77 Halaman + 12 Tabel + 30 Lampiran

Golden periode atau 1000 hari pertama kehidupan (HPK) anak sangat berdampak pada kecerdasan serta produktivitas anak dimasa depan. Ketidakcukupan gizi pada masa 1000 HPK dapat menjadi penyebab utama stunting. Penelitian ini difokuskan menelaah pengaruh pemberian pendidikan kesehatan berbasis video animasi dalam meningkatkan pengetahuan dan membentuk sikap positif ibu pada masa 1000 HPK. Penelitian ini menerapkan desain *quasi eksperimental* model rancangan *pre test* dan *post test control group design*. Penelitian dilaksanakan pada area kerja Pukesmas Sidotopo Wetan Surabaya. Sebanyak 44 responden dijadikan sampel penelitian melalui penerapan teknik *cluster sampling*. Pendidikan kesehatan berbasis video animasi sebagai variabel independent, pengetahuan dan sikap ibu sebagai variabel dependen. Alat ukur yang diterapkan dalam penelitian ini adalah kuesioner pengetahuan dan sikap. Pengolahan data penelitian ini menggunakan uji statistik Wilcoxon Signed Rank Test dan Mann Whitney U Test. Hasil penelitian membuktikan adanya peningkatan pengetahuan dan sikap ibu yang bermakna secara statistik sebelum dan setelah pemberian pendidikan kesehatan melalui media video animasi tentang pencegahan stunting pada 1000 hari pertama kehidupan ($p < 0,05$).

Kata Kunci : Pendidikan Kesehatan, Video Animasi, Pengetahuan, Sikap, Pencegahan Stunting, 1000 Hari Pertama Kehidupan

Daftar bacaan : 16 Jurnal, 18 buku (2015-2025)

ABSTRACT

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THE INFLUENCE OF HEALTH EDUCATION ON STUNTING PREVENTION USING ANIMATION VIDEOS ON MOTHERS' KNOWLEDGE AND ATTITUDES ABOUT THE FIRST 1000 DAYS OF LIFE IN THE WORK AREA OF PUKESMAS SIDOTOPO WETAN SURABAYA

xvi + 77 Pages + 12 Tables + 30 Appendices

The first thousand days of a child's life, known as the "golden period," have a significant impact on their intelligence and performance later in life. Malnutrition during this period can be a major cause of growth retardation. The purpose of this study was to analyze the effect of animated health education videos on knowledge transfer and positive attitude improvement among mothers during the first thousand days. This study was conducted as a quasi-experimental study with a control group and a pre-post test. This study was conducted in the Sidotopo Wetan Community Health Center (Puskesmas) coverage area in Surabaya. A total of 44 participants were recruited using cluster sampling. The animated health education videos were the independent variable, while mothers' knowledge and attitudes were the dependent variables. A questionnaire on knowledge and attitudes was used as the measurement instrument. Data were analyzed using the Wilcoxon signed-rank test and the Mann-Whitney U test. The results showed a statistically significant increase in mothers' knowledge and attitudes before and after providing health education through animated videos on preventing growth retardation in the first thousand days of life ($p < 0.05$).

Keywords: Health Education, Animated Video, Knowledge, Attitude, Stunting Prevention, First 1000 Days of Life

References : 16 Journals, 18 books (2015-2025)