

THE EFFECT OF BOOKLET EDUCATION ON MOTHERS' KNOWLEDGE RELATED TO STUNTING

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ABSTRACT

The growth and development of children is impacted by stunting, a serious public health issue. Mother knowledge is one aspect that affects stunting. Stunting-related education by booklets could improve mothers' awareness. To analyze the effect of education using booklets on maternal knowledge related to stunting. The study design used was a pre-experiment with a one group pre-test and post-test approach. The sample in this study were mothers who had children aged 0-5 years. The sampling technique used purposive sampling. The instrument used was a stunting knowledge questionnaire. The results of the Wilcoxon-test statistical test showed that there was a significant effect before and after education using booklets on mothers' knowledge related to stunting (p value = 0.002). Therefore, it can be concluded that providing education using booklets is effective in increasing mothers' knowledge related to stunting. Nurses could provide education using educational media such as booklets to increase mothers' knowledge related to stunting.

Keywords: Education, Booklet, Stunting, Mothers' Knowledge

INTRODUCTION

Stunting is a significant public health concern in Indonesia, similar to other developing countries (Mediani, 2020). Among the 88 developing countries worldwide, Indonesia is recognised for its elevated prevalence of stunting, with cases ranking among the top five (UNICEF, 2020). Stunting continues to be a significant public health concern in Indonesia, as evidenced by the prevalence rate of 31% for stunted children in 2018 compared to 37.8% for Indonesian children in 2015 (RI, 2018).

Stunting, which culminates in detrimental health consequences that persist across an individual's

life, including critical complications during childbirth, impaired cognitive development, and performance, is an evident indication of malnutrition and constitutes a substantial health concern (Vilcins et al., 2018). Stunting is frequently overlooked in places where low height is prevalent and seen as typical, making it challenging to visibly spot stunted youngsters and lacking regular assessments (De Onis & Branca, 2016). Stunting is seen as a significant worldwide health priority and has garnered increased international attention due to a growing awareness of its importance

as a major public health issue (Kragel et al., 2020).

The issue of stunting is influenced by a multitude of factors, with mother's knowledge being among them. Child stunting is significantly predicted by the knowledge of mothers, even when other factors at the mother, household, and community levels are taken into account (Abuya et al., 2012; Hossain et al., 2017). The enhancement of mothers' education will have a significant impact on the prevention of stunting by increasing their motivation, awareness, and intention (Marni et al., 2023).

Booklets are media that can be used to educate mothers about stunting (Melangka et al., 2021). Booklets serve as valuable tools for patient education, providing structured and easily understandable information on different health topics (Lima et al., 2022). Educational booklets play a crucial role in health education and promotion, offering a practical and accessible means of delivering information to patients (Jenkins et al., 2020). Booklets have been shown to enhance patient understanding, improve knowledge retention, and empower individuals to take an active role in managing their health conditions (Magalhães et al., 2022; Simula et al., 2019).

The aim of this study was to investigate the effect of booklet-based education on the level of knowledge possessed by mothers in regards to stunting.

LITERATURE REVIEW

Stunting

Stunting is a condition in which a toddler's height or length is below the expected measurement for their age (De Onis & Branca, 2016). This condition is determined by a height or length that falls more than two

standard deviations below the median of the WHO child growth criteria (Hossain et al., 2017). Various determinants contribute to the occurrence of stunting, including maternal education levels, economic status, breastfeeding patterns, and environmental factors (Chirande et al., 2015; Rifada et al., 2021).

Mothers Knowledge

Mothers' knowledge about stunting is a crucial factor in the prevention and management of this pervasive issue affecting children (Wardani et al., 2022). A mother has a significant role in the family, taking on the primary responsibility for nurturing and guiding children, which is where the initial and most important kind of child-rearing takes place (Juliartri & Megasari, 2021). Mothers with good knowledge are more likely to engage in behaviors such as ensuring proper nutrition and seeking early intervention in their children (Nugroho et al., 2022).

Booklet Education

Booklets are educational materials designed to convey information in a structured and accessible format to a specific audience. They serve as valuable tools in healthcare settings, providing essential knowledge on various medical conditions, treatment options, and self-management strategies. Booklet education has been widely utilized in different healthcare contexts to empower patients, improve health literacy, and enhance understanding of complex medical concepts (Magalhães et al., 2022; Rasdiyanah et al., 2020).

Is there an effect of education using booklets on mothers' knowledge related to stunting?

METHODS

The study employed a pre-experimental design, specifically utilizing a one-group pre-test and post-test approach. The present study was carried out in the Porong District of Sidoarjo. This research was conducted from February to March 2022. This study's sample comprised 29 mothers with children between the ages of 0 and 5 years. This study employed purposive sampling, involving the inclusion criteria were mothers of children between the ages of 0 and 5 who were willing to participate as respondents. In this study there was one intervention group. This group received education regarding stunting using booklets. The

instrument used in this research was a maternal knowledge questionnaire regarding stunting which was developed according to the educational material provided. This questionnaire consisted of 15 questions with a correct answer receiving 1 point and an incorrect answer receiving 0 points. The statistical test used in this study was the Wilcoxon test. The Health Polytechnic of the Ministry of Health Malang's Health Research Ethics Commission has accepted this study with letter number 308/KEPK-POLKESMA/2022.

RESULTS

Table 1. Respondent Characteristics

Characteristics	Mean	SD±
Age	31	6.07
	Frekuensi	Persentase (%)
Educational Level		
Elementary school	14	48.3
Junior high school	9	31.1
Senior high school	5	17.2
University	1	3.4
Employment status		
Housewife	26	89.7
Self-employed	3	10.3
Pregnancy history		
Preeclampsia	1	3.4
Not preeclampsia	28	96.6
Total	29	100

Table 1 shows that the mean age of respondents in this study was 31 years old (SD ± 6.07). The majority of respondents in this study had an elementary education level of 14 respondents (48%). In

employment data, most respondents were housewives as many as 26 respondents (89.7%). Based on pregnancy history, most respondents did not experience preeclampsia as many as 28 respondents (96.6%).

Table 2. Mothers' knowledge related to stunting before and after giving the booklet

	Mean	SD±	p-value
Before education	12.55	1.86	0.002
After education	13.72	1.64	

Table 2 shows that there is an increase in average knowledge before education which is 12.55 (SD ± 1.86) and after education to 13.72 (SD ± 1.64). The Wilcoxon statistical test results show that the p-value

<0.05 is 0.002. This shows that there is a significant difference before and after education related to stunting through booklets on maternal knowledge.

DISCUSSION

Mothers' knowledge of stunting is critical in addressing and preventing stunting-related health problems (Atamou et al., 2023; Beal et al., 2018). The findings of this study indicate that education through booklets is effective for increasing mothers' knowledge related to stunting. Mothers' knowledge plays an essential role in stunting prevention. Educated mothers are more likely to be aware of their children's nutritional needs and implement essential nutrition and hygiene behaviours that may prevent stunting (Chirande et al., 2015). In addition, maternal education is associated with higher socioeconomic status, which may provide greater access to health resources and services (Tiwari et al., 2014).

Educational interventions may include nutrition education programmes that aim to empower mothers with the necessary knowledge and skills to prevent stunting in their children (Saadah et al., 2022). By providing mothers with accurate information on proper nutrition, hygiene practices, and child development, these interventions can contribute to reducing the risk of stunting (Nshimiyiryo et al., 2019). Preventive measures against stunting are more

likely to be implemented by mothers who possess knowledge regarding its dangers and consequences (Wardani et al., 2022). Education is conducted to equip mothers with the necessary knowledge to prevent or reduce stunting (Mistry et al., 2018). The power of booklets to provide mothers with information that is both tangible and easily attainable contributes to the efficacy of educational interventions employing them (Melangka et al., 2021). Booklets provide structured and visually appealing material that can effectively convey key messages about stunting prevention (Lima et al., 2022; Melangka et al., 2021; Wild et al., 2019).

However, maternal knowledge alone is not enough to comprehensively address stunting. Other factors, such as access to health services, socioeconomic status, and community support, also play an important role (Mzumara et al., 2018; Titaley et al., 2019). Therefore, a multi-faceted approach that combines education interventions with improved access to health services, poverty alleviation strategies, and community engagement is needed to effectively prevent stunting (Hossain et al., 2017; Sumbele et al., 2020).

CONCLUSION

An increase in maternal knowledge is observed subsequent to the dissemination of education booklets pertaining to stunting. Education is a significant factor in augmenting the awareness of mothers concerning stunting. It has been demonstrated that a range of educational interventions, including booklet-based instruction, positively affect mothers' awareness and comprehension of stunting and its prevention. By focusing on the knowledge of mothers, educational interventions can enable them to make informed decisions and take preventative measures. However, preventing stunting necessitates an all-encompassing strategy that takes into account a multitude of elements, such as community support, socioeconomic status, and access to healthcare.

Further study is needed to evaluate the retention of knowledge from the education that has been carried out.

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