

ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki.v7i7.5212>**MPPKI****Media Publikasi Promosi Kesehatan Indonesia**
*The Indonesian Journal of Health Promotion***Research Articles****Open Access****The Effectiveness of Pocket Book in Increasing Knowledge and Attitude among Mothers as an Effort to Prevent Stunting in the Working Area of Pakem Health Center, Sleman (Study of Mothers with Babies Aged 0-23 Months)****Lina Handayani¹, Mita Rizky^{2*}**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta, Indonesia*Author Correspondence: 30mitarizky@gmail.com**ABSTRACT**

Introduction: Stunting is a growth disorder caused by poor nutrition, repeated infections, and lack of psychosocial encouragement resulting in less than ideal height. According to WHO (2022), Indonesia is the country in South-East Asia with the highest prevalence of 31.0%. The highest stunting cases in Sleman Regency in 2022 were in the Pakem Community Health Center working area at 25.5% per 1000 children under five. Mothers' knowledge and attitudes influence the prevention of stunting, but Pakem Community Health Center has never measured these two things. Health promotion media for preventing stunting by Community Health Centers is still limited in the form of leaflets which only contain material about nutrition for children aged 0 - 24 months, while the pocket book in this study contains nutrition for babies, breastfeeding mothers, and pregnant women.

Objective: This research is to determine the effect of pocket book media on increasing mothers' knowledge and attitudes to prevent stunting in the Pakem Sleman Health Center working area.

Method: Quasi Experiment research design employed a one group pretest-posttest design with a post-test interval of 7 days from the end of the intervention. The sample consisted of 98 mothers who had children obtained by cluster sampling. The tools used were a pocket book with the title "Healthy Indonesia Free of Stunting" and a questionnaire.

Results: There was an increase in the average knowledge and attitudes of mothers after being given intervention with pocket book media, namely the average knowledge from 12.95 to 14.01; and the average attitude from 92.24 to 95.88, as well as the number of mothers who experienced an increase in knowledge, namely 51 mothers to 55 mothers and attitudes, namely 67 mothers to 71 mothers. The Wilcoxon test results obtained sig. <0.001 on mother's knowledge and attitudes.

Conclusion: The pocket book media is effective in increasing mothers' knowledge and attitude.

Keywords: Toddler; Pocket Book; Knowledge; Attitude; Stunting

INTRODUCTION

Stunting or short stature (shortness) is a problem of disturbances in a child's growth which can be caused by poor nutrition, repeated infections and insufficient psychosocial encouragement, so that his height is not ideal and not like his age. This incident can be found by calculating the Z-index score for height according to age (TB/U). If the TB/U Z-index score is below -2 SD (standard deviation) then a person can be said to be stunted. Insufficient nutritional intake can also trigger stunting in children from a quantity and quality perspective, high levels of morbidity or a combination of both. Conditions like this are usually found in countries with low economic conditions (1).

According to WHO, regarding the prevalence of short children under five, it is known that the continent with the highest cases of stunting in the world is Africa with 56.2 million children with a percentage of 31.0% and South-East Asia with 49.8 million children with a percentage of 30.10% (2). Indonesia is the country with the highest prevalence of stunting in South-East Asia apart from Timor Leste, Bangladesh and India, namely 31.0% (3). Stunting is a serious problem that must be addressed immediately. If it is allowed to continue, apart from affecting the child's physical growth, stunting will disrupt the child's cognitive abilities, thereby affecting the child's productivity and intelligence in the future. Another bad consequence of stunting is reducing reproductive health and increasing the risk of obesity. So if this condition is left alone, it will affect human resources in the future (4).

It is known in the Results of the Indonesian Nutrition Status Survey in 2022 (SSGI) that the prevalence of stunting in Indonesia was recorded at 21.6%, this figure has decreased from the previous year, namely 24.4%. Even though there has been a decline, this figure still does not meet the target of reducing the stunting rate in Indonesia by 2024, namely to 14% to meet the WHO standard of less than 20% (5). East Nusa Tenggara Province is the province with the highest stunting rate in Indonesia, namely 35.3%, while Bali is the province with the lowest stunting prevalence rate, namely 8.0% (5).

The results of observations and interviews in June 2023 at the Sleman District Health Service revealed that the highest percentage of stunting cases was at the Pakem Community Health Center with a percentage of 25.5% in 1000 children under five in 2022. The Pakem Community Health Center has 5 sub-districts, namely Purwo Binangun, Candi Binangun, Harjo Binangun, Pakem Binangun, and Hargo Binangun. Data obtained from the Pakem Community Health Center, Purwo Binangun Village had the highest stunting cases at 68 toddlers, while the lowest village was Harjo Binangun Village with stunting cases at 28 toddlers.

The results preliminary interviews conducted with nutrition workers at the Pakem Sleman Community Health Center revealed that there were 66 babies aged 0 - 23 months who were affected by stunting. There are determinant factors that influence the high number of stunting cases at the Pakem Community Health Center, namely chronic lack of energy, small babies, tuberculosis, and smoking habits. The strategies that have been implemented by the community health center to prevent stunting in babies are providing counseling regarding exclusive breastfeeding, providing immunizations, preparatory counseling before complementary foods for breast milk, training posyandu cadres to become counselors for 1000 first day of birth of babies and before complementary foods for breast milk, as well as monitoring baby growth. Of all these efforts, the Community Health Center has not yet measured mothers' knowledge and attitudes regarding stunting prevention.

It is known that the health promotion media used by the Pakem Community Health Center for counseling on stunting prevention is only in the form of leaflets which only explain balanced nutrition for toddlers 0 – 24 months. Meanwhile, the pocket book used is entitled "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. anywhere and read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6).

Mothers' lack of understanding about health, both nutrition before pregnancy and during pregnancy, as well as nutritional intake for toddlers, can be the cause of high stunting rates. The mother's level of knowledge is the key to household management, so it will influence the mother's attitude towards parenting in looking after her child and the selection of food ingredients that are suitable for consumption and contain lots of good nutrition for children (7). If the mother's knowledge is good, the mother will practice it in everyday life, such as when providing food and good quality parenting. So, it can potentially prevent stunting in children (8). Due to the multifaceted nature of the factors, interventions are needed that help mothers prevent stunting in their children's 1000 HPK (First Day of Life).

Green stated that health behaviour can be influenced by individual and environmental factors, and therefore there are two main different parts. The first part is PRECEDE and the second part is PROCEED. Furthermore, in this theory it is stated that two factors influence a person's health, namely behavioural factors and factors outside of

behavior. Behavioral factors are influenced by three factors, namely; predisposing factors, supporting factors, and driving factors. Predisposing factors can be a person's knowledge, feelings and actions (9).

Health promotion can change a person's actions and help achieve desired goals. These predisposing factors can be improved. Individual perceptions regarding disease are influenced by actions taken such as health education through the media. Media that can be used in health education can use power point media, flip charts, audiovisual media, leaflets, pocket books and other media (10).

This research used health promotion media, namely a pocket book with the title "Healthy Indonesia Free of Stunting" which was adopted from the Indonesian Ministry of Health. This book was chosen because it contains information about stunting and stunting prevention efforts, complete with nutrition for babies, breastfeeding mothers and pregnant women. Apart from that, the pocket book is also easy to use and easy to carry because its size is not as big as books in general, so it can be taken anywhere. only and can be read by anyone, and can be used as a reference in preventing stunting. According to the Big Indonesian Dictionary, pocket books in health education are a form of support that is easier to use because they contain information in the form of writing and pictures, the contents of which are more detailed than leaflets and are not easily damaged (6). Based on the description of the problem and the data that has been obtained, the researcher was eager to know the influence of education using pocket book media on the knowledge and attitudes of mothers of toddlers to prevent stunting in children in the Pakem Sleman Community Health Center working area.

METHOD

Types of research

This type of research is a quasi-experiment. It employed a one group pretest-posttest design. It which means one measurement is carried out before the treatment (pre-test) and another measurement (post-test) is carried out after the treatment.

Research Location and Time

This study was located in three villages, namely Candi Binangun Village, Hargo Binangun, and Purwo Binangun. From the three villages, eight hamlets were selected which were taken from each village, namely Nepen, Sembung, Kemput, Wringin, Kadilobo, Ngipiksari, East Kaliurang and West Kaliurang hamlets. The data collection was carried out in October – November, 2023. This research has received ethical approval from Ahmad Dahlan University Research Ethics Committee with Ethics Approval Number: 012311275.

Population and Sample

The population of this study was 770 mothers who have children aged 0-23 months in the Pakem Community Health Center working area. The sample size was 98 mothers who calculated using the Slovin formula. Hence, this research used cluster sampling to determine the sample size for each village. The sample sizes obtained per cluster were 25 mothers at Candi Binangun, 48 mothers at Hargo Binangun, and 25 mothers at Purwo Binangun for a total of 98 people.

Research Tools and Instruments

The instruments used in this research were pre-test and post-test questionnaires. Hence, the research tools using a pocket book entitled "Healthy Indonesia Free of Stunting" published by the Indonesian Ministry of Health. The knowledge variable questionnaire has 15 question items and the attitude variable has 21 question items which are used after testing validity and reliability. The questionnaire was filled out twice, namely before the intervention was given using pocket book media (pre-test) and after the intervention was given using pocket book media (post-test).

Validity and Reliability Test Results

The results of the validity test of the knowledge variable showed that 10 of the 25 items were declared invalid because the calculated r value $< r$ table. Invalid questions are found in item numbers 1,2, 5, 8, 10, 12, 14, 15, 17, and 23. Invalid questions were not be used in this research. Then, in the results of the questionnaire reliability test, it was found that the Cronbach's alpha of the knowledge variable was 0.740, so the 15 valid items were declared reliable because Cronbach's alpha was > 0.6 . In the results of the validity test of the attitude variable, it was found that 21 items were declared valid because r count $> r$ table. Meanwhile, 4 other items, namely numbers 4, 8, 20 and 25, were declared invalid. Items declared invalid were not be used in this study. So, there are 21 items remaining that are valid and said to be reliable because the Cronbach's alpha results are > 0.6 (0.882).

RESULTS

Characteristics of respondents

Table 1 presents the frequency distribution of respondent characteristics including age, education, employment and income. The table shows that the highest number of mothers who have children are late teenagers with an age range of 17-25 years as many as 56 people (57.14%). According to education, the majority of mothers completed senior high school (SMA) education level (68.37%). Hence, only two mothers completed undergraduate level. Based on occupation, the majority of mothers' jobs are housewives (67.35%). And based on income, as many as 56 people (57.14%) earned less than the Sleman district minimum wage (UMK)/less than IDR. 2,315,976.39.

Table 1. Characteristics of Respondents based on Age, Education, Occupation, and Income

Characteristics	Categories	frequency	%
Age	17-25 years old	56	57.14%
	26-45 years old	42	42.86%
Education	Junior high school	13	13.27%
	Senior high school	67	68.37%
	Higher education	18	18.36%
Occupation	Housewife	66	67.35%
	Private sector employee	18	18.37%
	Government employees	9	9.18%
	Entrepreneur	5	5.10%
Income	≤ Sleman district minimum wage	56	57.14%
	≥ Sleman district minimum wage	42	42.86%

Source: Primary data 2023

Univariate Analysis

The level of knowledge and attitude of respondents is shown in Table 2 and Table 3. Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 1. Frequency Distribution of Respondents' Level of Knowledge

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Knowledge	Pre-test	Good	67	68.37%
		Bad	31	31.63%
	Post-test	Good	71	72.45%
		Bad	27	27.55%

Knowledge data was collected twice, namely before being given the pocket book media (pre-test) and after being given the pocket book media (post-test). The knowledge of mothers of children under two years old about efforts to prevent stunting is divided into 2 groups, namely good and bad. Because the results of the normality test show that the data is distributed abnormally, the cut-off point used is the median value. Based on the research results in Table 2, it can be seen that the level of good knowledge regarding stunting prevention efforts increased to 71 people with a percentage of 71.45%. Increased knowledge can be caused because the respondent has read the pocket book that has been given so that they can answer knowledge questions correctly.

Table 2. Frequency Distribution of Respondents' Attitude Levels

Variable	Time Measurement	Category	Frequency (person)	Percentage (%)
Attitude	Pre-test	Good	51	52.04%
		Not Good	47	47.96%
	Post-test	Good	55	56.12%
		Not Good	43	43.88%

Data collection about the respondents' attitude towards stunting prevention efforts was carried out twice, namely before and after being given a pocket book about stunting prevention. In Table 3 it is known that respondents who had a good attitude increased after being given the pocket book to 55 people with a percentage of 56.12%.

Bivariate Analysis

Bivariate analysis is carried out to find out the relationship between two variables, namely the effectiveness of the media used on mothers' knowledge and attitudes in preventing stunting. The test used is the average difference test of one paired sample. Because the data was not normally distributed, the Wilcoxon Sign Rank Test was used with a P value <0.05 , so it could be interpreted that there were differences in knowledge and attitudes before and after being given the pocket book.

Average Difference in Knowledge of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The results of the average of knowledge of mothers of children under two years old about stunting prevention efforts before being given intervention using pocket book media was 12.95, while the average knowledge of young women after being given intervention using pocket book media about efforts to prevent stunting was 14.01. These results show that there has been an increase in mothers' values or knowledge in efforts to prevent stunting. Table 4 presents the average knowledge of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 3. Average Knowledge of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Knowledge	N	Min	Max	SD	Mean
Pre-test	98	9	15	1.365	12.95
Post-test	98	11	15	0.958	14.01

Based on the method by using the Wilcoxon Signed Rank Test, the values obtained are: mean rank and sum of ranks from the negative ranks, positive ranks and ties groups. Negative ranks are samples with the second group value (post-test) lower than the k group value first (pre-test). Positive ranks are sample with a second group value (post-test) value higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is amount from the ranking (11). Table 5 presents the effectiveness of pocket book media on the knowledge of mothers of children under two years old about efforts to prevent stunting in children.

Table 4. The Effectiveness of Pocket Book Media on the Knowledge of Mothers of Children Under Two Years Old About Efforts to Prevent Stunting in Children

	Providing pocket book media	Mean Rank	Sum of Ranks	N	Normality Test Results	Wilcoxon (sig)
Knowledge	Negative Ranks	18.50	55.50	3	< 0.001	< 0.001
	Positive Ranks	34.73	2222.50	64		
	Ties			31		
	Total			80		

Table 5 reveals a positive rank value was obtained with the number of respondents being 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value of 34.73 and the sum of rank 2222.50. The Wilcoxon test results obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average knowledge of mothers of children under two years old before and after giving pocket book media regarding efforts to prevent stunting in children.

Average Difference in the Attitudes of Mothers of Children Under Two Years Old Before and After Being Given Intervention Using Pocket Book Media

The difference in the average attitudes of respondents in Table 6 shows that the average attitude of mothers of children under two years old before being given intervention with pocket book media was 92.24, while the average attitude of mothers of children under two years old after being given intervention with pocket book media increased to 95.88. These results show an increase in mothers' values or attitudes in efforts to prevent stunting after being given intervention using pocket book media. Table 16 presents the average attitude of respondents regarding efforts to prevent stunting in children before and after giving pocket book media.

Table 5. Average Attitude of Mothers of Children Under Two Years Old Before and After Being Given the Pocket Book Media

Attitude	N	Min	Max	SD	Mean
Pre-test	98	77	105	6.221	92.24
Post-test	98	84	105	5.481	95.88

Based on the method using the Wilcoxon Signed Rank Test, the values obtained are mean rank and sum of ranks from the negative ranks, positive ranks, and ties groups. Negative ranks are samples with the second group value (post-test) lower than the first group (pre-test). Positive ranks are samples with the second group value (post-test) higher than the first group value (pre-test). While ties are the value of the second group (post-test) as large as the value of the first group (pre-test). The symbol N indicates the sum, Mean Rank is the average rank and the sum of ranks is the amount from the ranking. Table 7 presents the effectiveness of pocket book media on the attitudes of mothers of children under two years old regarding efforts to prevent stunting in children.

Table 6. Effectiveness of Pocket Book Media on the Attitudes of Mothers of Children Under Two Years Old Regarding Efforts to Prevent Stunting In Children

	Providing pocket books media	Mean Rank	Sum of Rank	N	Normality Test Results	Wilcoxon (sig)
Attitude	Negative Ranks	44.83	134.50	3		
	Positive Ranks	45.01	3870.50	86	< 0.001	< 0.001
	Ties			9		
	Total			98		

Based on Table 7 a positive rank value was obtained for the number of respondents 64 mothers whose post-test value was greater than the pre-test value, namely the mean rank value is 44.83 and the sum of rank is 3870.50. The results test Wilcoxon test obtained a P value of 0.000 ($P < 0.05$) so it can be concluded that there is a difference in the average attitudes of mothers of children under two years old before and after giving pocket book media about efforts to prevent stunting in children.

DISCUSSION

Average Difference in Knowledge Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This study was found that out of a total of 98 respondents, respondents who had knowledge were in the good category after being given intervention with pocket book media, namely 71 mothers (72.45%). This number increased from previously when the pre-test was carried out, only 67 mothers (68.37%) had knowledge in the good category. Changes also occurred in the mother's average score between the pre-test and post-test. During the post-test, the mother's average knowledge was 12.95, while after the post-test the mother's average knowledge value increased to 14.01. From these results, it was found that the mother's average score increased after being given education using pocket book media about efforts to prevent stunting.

This increase could occur because previously the mother had been given education about stunting from the book and had read the pocket book media given so that the mother could answer the post-test questions well. In line with research by (2) which shows an increase in mothers' knowledge before and after providing health education interventions using pocket book media. Because according to (3) health education can affect the increase of a person's knowledge. The media has an important role in increasing mothers' knowledge because the media has a function as a teaching tool in conveying messages or information about health so that it is more effective to increase mothers' knowledge about stunting (14). Parents, especially mothers, have an important and influential role in fulfilling children's nutrition. To provide good nutrition for children, parents need good knowledge. Mothers who

knowledgeable about stunting will definitely encourage mothers to make optimal prevention efforts for their children so that they do not experience stunting (15).

The knowledge measured in this research is explanation and understanding, symptoms, impacts, triggers, and prevention efforts. In line with (2) who argue that knowledge about stunting that can be measured in a research questionnaire is the definition, impact, characteristics, causes, prevention efforts and factors that influence the occurrence of stunting. Knowledge is related to education; if someone has a high level of education, the knowledge they have will be more and wider (16). However, according to (7) this does not mean that people with a low level of education will have little knowledge. Knowledge will increase not only through formal education, but knowledge can be obtained through non-formal education. The results of this study found that the majority of mothers had good knowledge and it can also be seen that the majority of mothers' education was high school. (8) in their research stated that respondents with the highest level of high school education had good knowledge of stunting prevention.

Average Difference in Attitudes Before and After Providing Health Promotion Regarding Stunting Prevention Efforts with Pocket Book Media

This current research revealed that out of a total of 98 respondents, mothers had a good attitude category before being given a promotion health with pocket book media as many as 51 people. This number increased after being given pocket book media to 55 people. Then the average mother's attitude score before giving the pocket book media was 92.24, while after giving health promotion using the pocket book media it was 95.88. From these results it can be seen that there was an improvement in mothers' attitudes after being given pocket book media in an effort to prevent stunting.

These results are in line with research (9) which shows that respondents' attitudes improved for the better after providing health promotion using pocket book media. The mother's better attitude could be due to actions taken by respondents by providing health education using pocket books. Notoatmodjo explained that a person's cognitive abilities or knowledge have an important role to influence behavior. Good attitudes and behavior can be formed through good knowledge, so that to improve it can be in the right way, one of which is health education using the media. Therefore, media can be an alternative health education tool to increase knowledge, one of the media that can be used for health promotion is a pocket book (21). So, providing health education with the aim of increasing knowledge, attitudes and actions can be one of the ways in an effort to prevent stunting.

Lawrence Green's theory in (10) states that a person's attitude is included in the predisposing factors that can affect their health behavior. With good knowledge and a positive attitude, good behavior will be reflected. In this research, it is known that the mother's attitude can be one of the factors that influences the behavior of efforts to prevent stunting in children. Seeing the mother's score which is not far from the pre-test score shows that the mother already had a good attitude before being given health education. However, after providing health education regarding efforts to prevent stunting in children, the mother's attitude score increased, indicating that the mother's attitude towards preventing stunting in her children increased.

A person's attitude can be a driving factor in influencing a behavior. The mother's attitude is closely related to the nutritional status of her toddler. Mothers play an important role in fulfilling the nutrition of their toddlers. So, if a mother has a negative attitude, it will affect her negative behavioral actions that will be triggering nutritional problems to her children.

Effectiveness of Health Promotion with Pocket Book Media About Stunting Prevention Efforts on Knowledge and Attitudes

The results of statistical tests using the Wilcoxon Sign Rank test on the knowledge variable obtained a Z value of -6.932 and an asymp. value of sig. $0.000 (< 0.05)$. Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media regarding efforts to prevent stunting in children. Hence, the Wilcoxon Sign Rank test on the attitude variable obtained a Z value of -7.662 and an asymp. value of sig. $0.000 (p < 0.05)$. Based on these results, it shows that there is a difference in the average knowledge before and after being given pocket book media about efforts to prevent stunting in children.

The statistical tests using Wilcoxon showed that there is an influence of pocket book media about efforts to prevent stunting in children on mothers' knowledge and attitudes. It can be concluded that the hypothesis is accepted. This is in line with research by Setiyaningsih et al (2022) which shows the influence of health education using pocket books on maternal knowledge. After being given health education intervention using pocket books, the mother's knowledge increased into a good category.

This research used a pocket book from the Indonesian Ministry of Health entitled "*Indonesia Sehat Bebas Stunting*". The pocket book media was chosen because it can contain more information so that it can disseminate information in a relatively short time and can be taken anywhere after being given during the implementation of

health promotion so that the mother can re-read the pocket book, so that it can increase the mother's knowledge and attitude in an effort to prevent stunting.

Taamu et al (2020) stated that printed materials are in an important position in health promotion because they can convey straightforward information so that they can be taken anywhere to be read again. The Indonesian Ministry of Health in Kumalasari's research (2015) stated that to strengthen the information provided, the material presented must be powerful or effective both orally and using media when delivering the material. Health education using pocket books is included in health education based on the recipient's senses, namely the method of viewing so that the message will be received by the target through the sense of sight so that the message conveyed can be 83% absorbed and 30% remembered.

The theory that is related to the prevention of disease is known as the five level prevention theory from Leavel and Clark in the book (15)Prevention is a broad service effort, so the service effort is divided into five: Level 1 health improvement and health promotion; Level 2 general and specific prevention; Level 3 early diagnosis and fast and appropriate treatment (early diagnosis and prompt treatment); Level 4 limiting disability (disability limitation); and Level 5 health recovery (rehabilitation). Furthermore, this research is in line with the fivelevel prevention theory at level 1, namely health promotion. Efforts made at level 1 are promotive efforts that are focused on not experiencing or suffering from an illness. Prevention carried out in this research is through health promotion which aims to increase the knowledge and attitudes of young mothers regarding mothers' efforts to prevent stunting in their children. It is hoped that the health promotion that is being held can increase mothers' knowledge and attitudes using pocket book media. Health education, if implemented according to targets and appropriate media, will have an impact on overall prevention and can increase mothers' knowledge and attitudes towards health and can also improve the level of public health (26) .

CONCLUSION

This research revealed that there is an influence of pocket book media in increasing mother's knowledge and attitude. The pocket book is beneficial and effective to promote knowledge and attitude among mothers to prevent stunting. The authors suggest that Health Promotion officers provide counseling using pocket book media from the Indonesian Ministry of Health which is used in this research because this media is effective in increasing mothers' knowledge and attitudes. Future researchers can use the same media but in different places with bigger sample size to find out the effectiveness of pocket book media in other places.

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