

## ABSTRAK

### PENGARUH EDUKASI MENGGUNAKAN MEDIA LEMBAR BALIK TERHADAP PENGETAHUAN DAN SIKAP KADER POSYANDU INTEGRASI LAYANAN PRIMER (ILP) MENGENAI STUNTING DAN DIARE PADA BALITA (Studi di Desa Pandak, Kecamatan Baturraden, Kabupaten Banyumas)

*Nabila Jihan Prasasi, Katri Andini Surijati, Izka Sofiyya Wahyurin*

**Latar Belakang:** Stunting dan diare merupakan masalah kesehatan utama balita yang masih memerlukan upaya pencegahan berkelanjutan melalui peran kader posyandu Integrasi Layanan Primer (ILP). Optimalisasi peran kader dapat dilakukan melalui edukasi kesehatan yang didukung oleh media yang tepat, salah satunya yaitu menggunakan media lembar balik. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi menggunakan media lembar balik terhadap pengetahuan dan sikap kader posyandu ILP mengenai stunting dan diare pada balita.

**Metodologi:** Penelitian ini menggunakan desain *quasi-experimental* dengan rancangan *one group pre-test and post-test*. Sampel penelitian terdiri dari 32 kader posyandu ILP yang dipilih menggunakan teknik *total sampling*. Intervensi berupa edukasi kesehatan mengenai stunting dan diare pada balita menggunakan media lembar balik yang dilaksanakan dalam dua sesi dengan interval waktu selama 18 hari. Pengukuran pengetahuan dan sikap kader dilakukan sebelum dan sesudah edukasi menggunakan kuesioner yang kemudian dianalisis menggunakan uji *Wilcoxon*.

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa sebagian kader berusia 40–49 tahun (37,5%) dan telah menjadi kader kurang dari 1 tahun (43,8%). Berdasarkan hasil uji *Wilcoxon*, menunjukkan adanya peningkatan pengetahuan kader yang signifikan setelah diberikan edukasi, dengan nilai median meningkat dari 4,50 menjadi 10,00 ( $p=0,000$ ). Sikap kader juga mengalami peningkatan yang signifikan, ditunjukkan oleh peningkatan nilai median dari 32,00 menjadi 40,00 ( $p=0,000$ ).

**Kesimpulan:** Edukasi menggunakan media lembar balik berpengaruh signifikan terhadap peningkatan pengetahuan dan sikap kader posyandu ILP. Media ini dapat dijadikan alternatif media edukasi yang efektif dan aplikatif dalam kegiatan posyandu karena mudah digunakan, praktis, serta sesuai dengan kondisi lapangan.

**Kata kunci:** diare; edukasi kesehatan; kader posyandu; lembar balik; stunting

## ABSTRAK

### **THE EFFECT OF HEALTH EDUCATION USING FLIPCHART MEDIA ON THE KNOWLEDGE AND ATTITUDES OF INTEGRATED PRIMARY SERVICE (ILP) POSYANDU CADRES REGARDING STUNTING AND DIARRHEA AMONG CHILDREN UNDER FIVE YEARS OLD**

**( A Study in Pandak Village, Baturraden Subdistrict, Banyumas Regency)**

*Nabila Jihan Prasasi, Katri Andini Surijati, Izka Sofiyaa Wahyurin*

**Background:** Stunting and diarrhea were major health problems among children under five that still required sustained preventive efforts through the role of Integrated Primary Service (ILP) posyandu cadres. Optimizing the role of cadres could be achieved through health education supported by appropriate media, one of which was flipchart media. This study aimed to analyze the effect of health education using flipchart media on the knowledge and attitudes of ILP posyandu cadres regarding stunting and diarrhea among children under five.

**Methods:** This study used a quasi-experimental design with a one-group pre-test and post-test design. The research sample consisted of 32 ILP posyandu cadres selected using a total sampling technique. The intervention consisted of health education on stunting and diarrhea among children under five using flipchart media, which was conducted in two sessions with an interval of 18 days. The cadres' knowledge and attitudes were measured before and after the intervention using a questionnaire and were analyzed using the Wilcoxon test.

**Results:** The results showed that some cadres were aged 40–49 years (37.5%) and had served as cadres for less than one year (43.8%). Based on the Wilcoxon test results, there was a significant increase in cadres' knowledge after the intervention, with the median score increasing from 4.50 to 10.00 ( $p=0.000$ ). The cadres' attitudes also showed a significant improvement, indicated by an increase in the median score from 32.00 to 40.00 ( $p=0.000$ ).

**Conclusion:** Health education using flipchart media had a significant effect on improving the knowledge and attitudes of ILP posyandu cadres. This media could be used as an effective and applicable alternative educational tool in posyandu activities because it was easy to use, practical, and suitable for field conditions.

**Keywords:** diarrhea; health education; posyandu cadres; flipcharts; stunting.