

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU.**

Penelitian, 26 Juni 2025

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**Efektifitas Edukasi Piring Anakku (Isi Piringku) cegah *Stunting* dengan Media
Leaflet terhadap Pengetahuan pada ibu balita.**

X + 78 Halaman + 13 Tabel + 8 Lampiran

ABSTRAK

Stunting merupakan masalah gizi kronis yang ditandai dengan tinggi badan anak yang tidak sesuai dengan usianya akibat kekurangan asupan gizi dalam jangka panjang. Dampak *stunting* tidak hanya menghambat pertumbuhan fisik, tetapi juga mengganggu perkembangan kognitif, motorik, serta menurunkan produktivitas anak di masa depan. Upaya pencegahan perlu dilakukan sejak dini, salah satunya melalui edukasi gizi seimbang dengan menggunakan media edukasi yang menarik dan mudah dipahami, seperti *leaflet* *Isi Piringku*. Penelitian ini bertujuan untuk mengetahui efektivitas media *leaflet* *Isi Piringku* terhadap peningkatan pengetahuan ibu balita mengenai gizi seimbang sebagai upaya pencegahan *stunting* di wilayah kerja Puskesmas Tenayan Raya, Pekanbaru. Metode penelitian yang digunakan adalah kuantitatif dengan desain quasi experiment one group pretest-posttest. Sampel penelitian berjumlah sebanyak 94 ibu balita yang dipilih menggunakan teknik purposive sampling. Instrumen berupa kuesioner yang digunakan sebelum dan sesudah intervensi edukasi. Analisis data dilakukan menggunakan uji Paired T-test. Hasil dari penelitian ini menunjukkan adanya peningkatan signifikan pengetahuan ibu balita sebelum diberikan edukasi 35,11 setelah diberikan edukasi meningkat menjadi 58,03 dengan nilai p-value < 0,05. Hal ini membuktikan bahwa media *leaflet* efektif dalam meningkatkan pengetahuan ibu balita terkait pencegahan *stunting*. Dengan demikian, edukasi berbasis *Isi Piringku* dapat menjadi strategi sederhana, murah, dan efektif untuk mendukung program percepatan penurunan *stunting*.

Kata Kunci : Edukasi Gizi, *Leaflet*, *Isi Piringku*, Pengetahuan, *Stunting*, Ibu Balita

**BACHELORS PROGRAM IN MIDWIFERY FACULTY OF HEALTH ND
INFORMATICS PAYUNG NEGERI PEKANBARU HEALTH INSTITUTE
Research, 26 june 2025**

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**The effectiveness of education on "my child's plate, fill my plate, prevent stunting"
using leaflet media on knowledge among mothers of toddlers
X + 78 Pages + 13 tables + 8 Appendies**

ABSTRACT

Stunting is a chronic nutritional problem characterized by a child's height that is not appropriate for their age due to long-term nutritional deficiencies. The impact of stunting not only inhibits physical growth, but also disrupts cognitive and motor development, and reduces children's productivity in the future. Preventive efforts need to be carried out early, one of which is through balanced nutrition education using attractive and easy-to-understand educational media, such as the Isi Piringku leaflet. This study aims to determine the effectiveness of the Isi Piringku leaflet media in increasing the knowledge of toddler mothers regarding balanced nutrition as an effort to prevent stunting in the work area of the Tenayan Raya Community Health Center, Pekanbaru. The research method used was quantitative with a quasi-experimental one-group pretest-posttest design. The study sample consisted of 94 toddler mothers selected using a purposive sampling technique. The instrument was a questionnaire used before and after the educational intervention. Data analysis was carried out using a Paired T-test. The results of this study showed a significant increase in the knowledge of toddler mothers before being given education from 35,11 after being given education increased to 58,03 with a p-value <0.05. This proves that leaflets are effective in increasing the knowledge of toddler mothers regarding stunting prevention. Thus, education based on My Plate can be a simple, inexpensive, and effective strategy to support the program to accelerate stunting reduction.

Keywords: Nutrition Education, Leaflets, Contents of My Plate, Knowledge, Stunting, Mothers of Toddlers