

**ABSTRACT**

**THE INFLUENCE OF HEALTH EDUCATION ON PARENTS' LEVEL OF  
KNOWLEDGE ABOUT STUNTING PREVENTION EFFORTS IN  
TODDLER  
At BUDIRAHAYU CATHOLIC HOSPITAL BLITAR**

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One important factor that influences the occurrence of stunting is maternal knowledge. The role of parents is very important in ensuring adequate nutrition for toddlers in detecting stunting early and preventing stunting from occurring. The phenomenon found at the Budi Rahayu Catholic Hospital in Blitar is that parents still don't know enough about efforts to prevent stunting. The aim of this research is to identify the influence of health education on parents' knowledge about stunting prevention efforts. The independent variable in this research is health education and the dependent variable is the level of knowledge. This research uses a One Group Pre-Post Test Design. The sampling technique used consecutive sampling technique. The research population was all parents of patients with toddlers under 5 years old in the inpatient ward at Budi Rahayu Blitar Catholic Hospital who met the inclusion criteria with a sample size of 32 respondents. The research data collection instrument used a questionnaire regarding stunting prevention efforts. The results of the research before the health education was carried out, it was found that 75% of respondents had a sufficient level of knowledge and after the health education was carried out, it was found that 69% of respondents had a good level of knowledge. The Wilcoxon Signed Rank Test statistical test shows the value of  $p = 0.00$  because  $p < \alpha$  then  $H_0$  is rejected.  $H_1$  is accepted, which means that there is an influence of health education which can increase parents' knowledge so that nurses can improve providing education about efforts to prevent stunting to parents of toddlers in Hospital with question and answer lectures in small groups and using booklets so that parents can read and understand that preventing stunting is very important.

**Keywords: stunting, Health Education, Knowledge**

## ABSTRAK

### **PENGARUH PENDIDIKAN KESEHATAN TERHADAP TINGKAT PENGETAHUAN ORANG TUA TENTANG UPAYA PENCEGAHAN STUNTING PADA BALITA Di RS KATOLIK BUDI RAHAYU BLITAR**

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Salah satu faktor penting yang mempengaruhi terjadinya *stunting* adalah pengetahuan ibu. Peran orang tua sangat penting dalam memastikan pemenuhan gizi bagi balita dalam mendeteksi *stunting* sejak dini dan dapat mencegah terjadinya *stunting*. Fenomena yang ditemukan di RS Katolik Budi Rahayu Blitar orang tua masih ada yang kurang mengetahui tentang upaya pencegahan *stunting*. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh pendidikan kesehatan terhadap pengetahuan orang tua tentang upaya pencegahan *stunting*. Variabel bebas penelitian ini adalah pendidikan kesehatan dan variabel terikat adalah tingkat pengetahuan. Penelitian ini menggunakan rancangan *One Grup Pra-Post Test Design*. Teknik pengambilan sampling menggunakan teknik *consecutive sampling*. Populasi penelitian semua orang tua pasien yang memiliki balita di ruang rawat inap RS Katolik Budi Rahayu Blitar yang memenuhi kriteria inklusi dengan jumlah sampel 32 responden. Instrumen pengumpulan data penelitian menggunakan kuesioner tentang upaya pencegahan *stunting*. Hasil penelitian sebelum dilakukan pendidikan kesehatan didapatkan sebagian besar 75 % responden memiliki tingkat pengetahuan cukup dan sesudah dilakukan pendidikan kesehatan didapatkan sebagian besar 69 % responden memiliki tingkat pengetahuan baik. Uji statistik *Wilcoxon Signed Rank Test* menunjukkan nilai  $p = 0,00$  oleh karena  $p < \alpha$  maka  $H_1$  diterima, yang berarti ada pengaruh pendidikan kesehatan dapat meningkatkan pengetahuan orang tua sehingga perawat dapat meningkatkan memberikan edukasi tentang upaya pencegahan *stunting* kepada orang tua balita di RS dengan ceramah tanya jawab pada kelompok kecil serta menggunakan booklet supaya orang tua bisa membaca dan memahami bahwa pencegahan *stunting* itu sangatlah penting.

**Kata Kunci : Stunting, Pendidikan Kesehatan, Pengetahuan**