

**PENGARUH EDUKASI KARTU TOSKA (MITOS ATAU FAKTA)  
TERHADAP PENGETAHUAN IBU MENYUSUI TENTANG  
ASI EKSKLUSIF DI POSYANDU 4 DAN 14**

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**ABSTRAK**

Pemberian ASI eksklusif masih menjadi tantangan di beberapa wilayah, termasuk di Posyandu 4&14 Desa Cinunuk, yang memiliki angka cakupan ASI eksklusif rendah. Rendahnya pengetahuan ibu menyusui tentang ASI menjadi salah satu faktor penyebab. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi kartu toska terhadap pengetahuan ibu menyusui tentang ASI eksklusif. Metode penelitian menggunakan pendekatan kuantitatif dengan desain *pre-eksperimental one group pre-test and post-test* pada 35 responden yang dipilih secara *total sampling*. Instrumen yang digunakan berupa kuesioner pengetahuan ASI eksklusif dan media edukasi kartu toska. Hasil analisis menunjukkan adanya peningkatan skor pengetahuan dari nilai rata-rata 41,34 pada pre-test menjadi 45,83 pada post-test. Hasil uji *Paired Sample T-Test* menunjukkan nilai signifikansi  $p = 0,000$ , yang berarti terdapat pengaruh signifikan edukasi kartu toska terhadap peningkatan pengetahuan ibu. Media kartu toska yang berbasis mitos dan fakta mampu membantu ibu menyusui membedakan informasi benar dan salah secara visual dan sederhana. Penyampaian informasi dalam bentuk gambar dan teks singkat memudahkan ibu dalam memahami dan mengingat isi edukasi. Disimpulkan bahwa media ini efektif sebagai alat bantu edukasi. Disarankan agar media kartu toska digunakan secara luas, terutama pada pelayanan posyandu dan edukasi menyusui di masyarakat.

**Kata kunci:** ASI Eksklusif, Edukasi Kartu Toska, Pengetahuan

**THE EFFECT OF TOSKA CARD EDUCATION (MYTH OR FACT)  
ON BREASTFEEDING MOTHERS' KNOWLEDGE ABOUT  
EXCLUSIVE BREASTFEEDING AT POSYANDU 4 AND 14**

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**ABSTRACT**

*Exclusive breastfeeding remains a challenge in some areas, including at Posyandu 4&14 in Cinunuk Village, which has a low rate of exclusive breastfeeding coverage. Low knowledge among breastfeeding mothers about breastfeeding is one of the contributing factors. This study aims to determine the effect of Toska card education on breastfeeding mothers' knowledge about exclusive breastfeeding. The research method uses a quantitative approach with a pre-experimental one-group pre-test and post-test design on 35 respondents selected through total sampling. The instruments used were an exclusive breastfeeding knowledge questionnaire and Toska card educational media. The analysis results showed an increase in knowledge scores from an average of 41.34 in the pre-test to 45.83 in the post-test. The Paired Sample T-Test results showed a significance value of  $p = 0.000$ , indicating a significant effect of Toska card education on improving mothers' knowledge. The Toska card media, based on myths and facts, helped breastfeeding mothers distinguish between correct and incorrect information in a visual and simple manner. The presentation of information in the form of images and short texts made it easier for mothers to understand and remember the educational content. It was concluded that this media is effective as an educational tool. It is recommended that Toska card media be widely used, especially in posyandu services and breastfeeding education in the community.*

**Keywords:** *Exclusive breastfeeding, Knowledge, Turquoise Card Education*

**References:**