

**PENGARUH EDUKASI MELALUI VIDEO *YOUTUBE* TENTANG POLA
MAKAN ANAK *STUNTING* TERHADAP TINGKAT PENGETAHUAN
IBU DENGAN ANAK *STUNTING* DI DESA BOJONGLOA KEC.
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ABSTRAK

Stunting adalah kejadian yang dimana gizi dan tinggi anak kurang pada usianya. Salah satu penyebabnya karena faktor pengetahuan ibu balita, yang belum tepat dalam praktek pemberian pola makan untuk anak *stunting*. *Stunting* di Desa Bojongloa sebanyak 30 balita. Tujuan dari penelitian ini untuk mengetahui Pengaruh Edukasi Melalui Video *YouTube* Tentang Pola Makan Anak *Stunting* Terhadap Tingkat Pengetahuan Ibu Dengan Anak *Stunting* di Desa Bojongloa Kecamatan Rancaekek Kabupaten Bandung. Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan desain *Pre-eksperimen* dengan rancangan *one group pre-test and post-test design*. Jumlah sampel sebanyak 30 responden. Instrumen penelitian menggunakan kuesioner tentang pola makan anak *stunting* yang telah teruji validitas dan reabilitasnya serta media edukasi berupa video *YouTube*. Teknik pengambilan sampel menggunakan teknik *Total sampling*. Analisis Univariat digunakan untuk menghasilkan distribusi frekuensi dari variabel *dependen* (tingkat pengetahuan ibu dengan anak *stunting*) dan Analisis Bivariat dengan uji non parametric *paired sample T-Test* didapatkan nilai *Asymp. Sig* 0,000 ($P < 0,05$) maka terdapat Pengaruh Edukasi Melalui Video *YouTube* Tentang Pola Makan Anak *Stunting* Terhadap Tingkat Pengetahuan Ibu Dengan Anak *Stunting* di Desa Bojongloa Kecamatan Rancaekek Kabupaten Bandung. Ibu harus memenuhi asupan nutrisi yang baik dalam memberikan pola makan anak *stunting* seperti jenis makan, jadwal makan, dan jumlah makan serta petugas kesehatan harus meningkatkan program edukasi kesehatan khususnya tentang *stunting* agar pengetahuan ibu dapat meningkat dan masalah *stunting* dapat segera diatasi.

Kata kunci : Edukasi, Pola makan, *Stunting*, Tingkat Pengetahuan, Video *YouTube*

Sumber : Jurnal Pengabdian Kepada Masyarakat

Jurnal Keperawatan Hang Tuah

Tahun : 2023

2022

**THE INFLUENCE OF EDUCATION THROUGH YOUTUBE VIDEOS ON
THE EATING PATTERNS OF STUNTED CHILDREN ON THE
KNOWLEDGE LEVEL OF MOTHERS WITH STUNTED
CHILDREN IN DS. BOJONGLOA KEC.
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ABSTRACT

Stunting is a condition where a child experiences a failure to thrive due to inadequate nutrition and height for their age. One of the reasons for inadequate feeding practices for stunted children is the lack of accurate knowledge among mothers of toddlers. There are 30 toddlers with stunting in the village of Bojongloa. The purpose of this research is to determine the influence of education through YouTube videos on the dietary patterns of stunted children on the knowledge level of mothers with stunted children in Ds. Bojongloa Kec. Rancaekek Kab. Bandung. This type of research is a quantitative study using a pre-experimental design with a one group pre-test and post-test design. Having a sample size of 30 respondents. Using a questionnaire that has been tested for its validity and reliability to assess the dietary patterns of stunted children is a crucial step in research utilizing YouTube videos as an educational. Utilizing Total Sampling technique for sample. Using Univariate analysis to generate frequency distributions of the dependent variabel (knowledge level of mothers with stunted children) and the Bivariate analysis using the non-parametric Paired Sample T-Test with a value of Asymp. Sig of 0,000 ($P < 0,05$) this indicates a significant influence of education through YouTube videos on the dietary patterns of stunted children on the knowledge level of mothers with stunted children in Ds. Bojongloa Kec. Rancaekek Kab. Bandung. Mothers must fulfil good nutritional intake in providing a stunted child's diet, such as types of food, meal schedule and number of meals, and health workers must increase health education programs, especially about stunting, so that mother's knowledge can increase and the problem of stunting can be immediately resolved.

***The keyword : Education, Dietary patterns, Stunting, Knowledge level ,
YouTube video***

***Source : Community service journal
Hang Tuah Nursing Journal***

***Year : 2023
2022***