

## DIFFERENCES IN KNOWLEDGE AND ATTITUDES IN THE POCKETBOOK OF TODDLER DEVELOPMENT GROWTH

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### ABSTRAK : PERBEDAAN PENGETAHUAN DAN SIKAP PADA BUKU SAKU TENTANG PERTUMBUHAN PERKEMBANGAN BALITA

Latar Belakang: Anak harus mendapatkan pemantauan pertumbuhannya sesuai usia. Dengan ditemukan secara dini penyimpangan pertumbuhan anak, maka intervensi lebih mudah dilakukan oleh tenaga kesehatan. Berbagai cara dalam menyampaikan paparan tentang pertumbuhan dan perkembangan anak, misalnya melalui penyuluhan menggunakan *power point*, lembar balik, leaflet dan buku saku. Pelaksanaan penyuluhan yang menggunakan media buku saku didapati lebih menarik dan bisa mempermudah pembaca.

Tujuan: Menganalisis pengetahuan dan sikap ibu sebelum dan sesudah diberikan buku saku tentang pertumbuhan perkembangan balita di wilayah kerja UPTD Puskesmas Nanga Tayap tahun 2020.

Metode: Penelitian ini menggunakan rancangan one group pretest-posttes. Responden sebanyak 34 ibu yang memiliki balita, analisis yang digunakan adalah uji normalitas data, uji t-tes berpasangan untuk mengetahui perbedaan pengetahuan sebelum dan sesudah diberikan buku saku dan untuk mengetahui perbedaan sikap sebelum dan sesudah diberikan buku saku.

Hasil: Ada perbedaan pengetahuan yang signifikan sebelum dan sesudah diberikan buku saku tentang pertumbuhan dan perkembangan balita ( $p=0,000$ ). Ada perbedaan sikap yang signifikan sebelum dan sesudah diberikan buku saku tentang pertumbuhan dan perkembangan balita ( $p=0,000$ ).

Kesimpulan: Pengetahuan dan sikap memiliki perbedaan antara sebelum dan sesudah diberikan buku saku tentang pertumbuhan dan perkembangan balita.

Saran: Perlu adanya pemantauan dan pengembangan media edukasi berupa buku saku untuk peningkatan pengetahuan dan sikap.

Kata Kunci : Balita, Buku Saku Pertumbuhan Perkembangan, Pengetahuan, Sikap

### ABSTRACT

Background: Children should get age-appropriate growth monitoring. By finding early deviations in child growth, intervention is easier for health workers to do. Various ways to convey exposure about children's growth and development, for example through counseling using power points, turning sheets, leaflets and pocket books. The implementation of counseling using pocket book media is found to be more interesting and can make it easier for readers.

Objective: Analyzing the knowledge and attitudes of mothers before and after being given a pocket book about the growth of toddler development in the work area of UPTD Nanga Tayap Health Center in 2020.

Methods: This study used a one group pretest-posttest design. Respondents were 34 mothers who had toddlers, the analysis used was a data normality test, a paired t-test to determine differences in knowledge before and after being given a pocket book and to determine differences in attitudes before and after being given a pocketbook.

Results: There were significant differences in knowledge before and after being given a pocket book on toddler growth and development ( $p = 0.000$ ). There were significant differences in attitudes before and after being given a pocketbook on toddler growth and development ( $p = 0.000$ ).

Conclusion: Knowledge and attitudes have differences between before and after being given a pocket book about the growth and development of toddlers.

Suggestions: There is a need for monitoring and developing educational media in the form of pocket books to increase knowledge and attitudes.

Keywords: Attitudes, Growth Development Pocketbook, Knowledge, Toddlers

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## INTRODUCTION

Children as the next generation of the nation need to pay attention to growth and development. Optimal growth and development can be achieved if the child is healthy (Lestari et al., 2022). Factors that affect the growth and development of children are internal factors including race, family, age, sex, genetics, chromosomal abnormalities; External factors include nutrition, maternal psychology, chronic diseases, physical and chemical environment, socio-economic, nurturing environment and stimulation. Based on the health profile in 2017, the number of toddlers in Indonesia is very large, which is around 10% of the total population of 230 million Indonesia, so as a candidate for the nation's next generation, the quality of toddler growth and development in Indonesia needs serious attention (Kemenkes RI, 2018).

Impaired growth and development in children in Indonesia reached 35.7% and classified as a high public health problem because it was still above 30%. Efforts to foster child growth and development are directed to improve children's physical, mental and psychosocial health through Stimulation, Detection and Early Intervention of Growth and Development Deviations (SDIDTK). These efforts are carried out as early as possible since in the womb, with special attention to children under five years old and preschoolers, because this period is a period that is very sensitive to the environment and lasts very short and cannot be repeated, so that this period is referred to as the golden period, window of opportunity, and critical period (Kemenkes RI, 2018).

Children should get age-appropriate growth monitoring. By finding early deviations or child growth problems, interventions will be easier for health workers to do, so they have time to make the right action plan for maximum results (Maayah et al., 2022; Prado & Dewey, 2014). Government efforts in monitoring children's growth and development are carried out through Posyandu activities. The level of community participation in checking their toddlers to Posyandu is still low. The results of research by the Ministry of Health in 2018 amounted to 50% of toddlers in Indonesia do not visit Posyandu regularly, these results show a tendency that as a toddler gets older, the level of visits to Posyandu decreases. Detection of child growth and development disorders at an early age greatly determines the success of handling them by health workers (Fitriani et al., 2022; Usnawati et al., 2016).

Every child needs to receive regular stimulation as early as possible appropriately and continuously at every opportunity, both in the family,

school and community environment. Stimulation is an activity to stimulate children's basic abilities so that children grow and develop optimally. Lack of stimulation can cause growth and development deviations in children, namely persistent disorders, one of which is growth deviations is stunting (WHO, 2021).

Stunting is a condition of failure to thrive in children under five due to chronic malnutrition so that children are too short for their age marked by a z-score of Height according to Age (TB / U)  $< -2$  Standard Deviation (SD) based on World Health Organization (WHO) standards (WHO, 2021). Several studies have found a link between height growth and developmental changes in the first 3 years of age and in older children. Stunting can also cause inhibition of motor system development, both in normal children and with certain diseases. Decreased motor function of stunted children without congenital abnormalities is related to the low mechanical ability of the triceps muscle due to slow maturity of muscle function (Ika Friscila et al., 2023; Solihin et al., 2013).

Research conducted by Hanani, R (2016) in the Jangli Village area of Semarang in children aged 24-59 months showed that gross motor skills, and fine motor skills in stunted children were lower than normal children (Hanani & Ahmad, 2016). Research Hindriati, T (2017) shows that gross motor is related to the growth and development of children where it is said to be good if children do rough activities according to their age. Stunting affects brain development directly and affects physical growth. Decreased motor function in stunted children is related to low mechanical ability of the tricep surae muscle so that delays in muscle function maturity cause motor skills in stunted children are also late (Hindriati, 2017).

Data from Riskesdas (Riset Kesehatan Dasar) in 2018, the rate of stunting or chronic nutritional problems in West Kalimantan is still relatively high. At least recorded an average figure of 33.3%. This figure then puts West Kalimantan in 27th place nationally. Of the 14 regencies/cities in West Kalimantan, there are at least three regions with the highest stunting rates. The first place is occupied by Ketapang Regency with a figure of 42.7%, followed by Landak at 42.0% and Melawi at 40.8% (Kemenkes RI, 2018).

Various ways to deliver exposure about children's growth and development, for example through counseling using infocus media with power points, turning sheets, leaflets and pocket books. The implementation of counseling using pocket book

media is found to be more interesting and can make it easier for readers. The pocket book in question is a simplified guidebook, but still contains information related to development growth based on several standard literature studies (Notoadmodjo, 2014). Efforts to foster child growth and development are directed to improve physical, mental and psychosocial health through SDIDTK activities at posyandu. One of the growth deviations that many face is stunting. Child growth and development development is carried out through posyandu activities (I Friscila et al., 2023).

A preliminary study conducted by researchers at Nanga Tayap Health Center showed a decrease in toddler visits at posyandu, namely in 2018 by 71% while in 2019 by 68%, for coverage that came and the scale rose (N/D) decreased by 28% in 2019. There were also cases of nutrition, including 15 infants under five who experienced scales below the red line (BGM), the number of underweight toddlers as many as 29 people. Based on the description above, the author is interested in researching the differences in knowledge and attitudes of mothers before and after being given a pocket book about the growth of toddler development in the work area of UPTD Nanga Tayap Health Center in 2020.

## RESEARCH METHODOLOGY

This study used a one group pretest-posttest design. This draft has no comparison group. The purpose of this study was to analyze the knowledge and attitudes of mothers before and after being given a pocket book about the growth of toddler development in the work area of UPTD Nanga Tayap Health Center in 2020. The minimum sample size needed for this study is 31 people, with an estimated drop out of 10% (3 people), then the number of samples needed is 34 people. The sampling technique in this study used purposive sampling techniques.

Statistical tests used include using data normality tests to determine normal distributed data or not used shapiro wilk test ( $<0.05$ ). This study used paired t-test to analyze the difference between pretest and posttest, because the data is normally distributed with the meaning of the test results determined based on the  $p < 0.05$  value.

## RESEARCH RESULT

### Bivariate analysis

Based on the table above shows that the value of  $p = 0.000$  ( $p < 0.05$ ) so it can be stated that there is a significant difference in knowledge before

and after being given a pocket book about the growth and development of toddlers.

**Table 1**  
**Differences in knowledge before and after being given a pocket book about the growth and development of toddlers**

| Knowledge | sd    | Mean<br>Min-Max | difference | P value |
|-----------|-------|-----------------|------------|---------|
| Pre test  | 1,393 | 4,62<br>(1-7)   | 1,91       | .000*   |
| Post test | 1,440 | 6,53<br>(3-9)   |            |         |

**Table 2**  
**Differences in attitudes before and after being given a pocket book about the growth and development of toddlers**

| Knowledge | sd    | Mean<br>Min-Max  | difference | P value |
|-----------|-------|------------------|------------|---------|
| Pre test  | 2,655 | 25,74<br>(19-30) | 6,76       | .000*   |
| Post test | 3,008 | 32,50<br>(24-38) |            |         |

Based on the table above, it shows that the value of  $p = 0.000$  ( $p < 0.05$ ) so it can be stated that there is a significant difference in attitude before and after being given a pocket book about the growth and development of toddlers.

## DISCUSSION

### Mother's knowledge before and after being given a pocket book about the growth and development of toddlers in the Nanga Tayap Health Center work area

Based on the results of the study, it was found that the results of the Paired Samples Test on maternal knowledge before and after being given a pocket book about the growth and development of toddlers in the Nanga Tayap Health Center work area obtained a significant value of  $pvalue = 0.000$  smaller than  $\alpha$  (0.05). Thus, it can be concluded statistically that there is a significant difference in knowledge before and after being given a pocket book about the growth and development of toddlers. This research is in line with the results of research conducted by Sari, M.A (2016), which is based on hypothesis testing with a t-test (Paired Samples Test) with the help of the SPSS program, at the output known Sig (2-tailed) =  $0.000 < 0.05$  then  $H_0$  was rejected, meaning that there was a significant difference in PKN learning outcomes before using mind mapping-based

pocketbook learning media and after using mind mapping-based pocketbook learning media.

Knowledge is the result of knowing, and this happens after people have sensed a particular object. Knowledge generally comes from experience and can be gained from information by others. One of the efforts to provide information that can be done is to facilitate with pocket books (Notoadmodjo, 2014). A person's knowledge can be influenced by several factors, namely educational, social, cultural and economic, environment, experience, age and mass media. This information/mass media may include radio, television, magazines, newspapers, and books (Mubarak & Nurul, 2019).

Growth according to Soetjningsih and Ranuh (2015) is a quantitative change, namely increasing the number, size, dimensions at the cell, organ, and individual levels. For example, children increase in size not only physically, but also the size and structure of body organs and brains. The child's brain is growing as seen from his capacity to learn greater, remember, and use his intellect is increasing. The child grows both physically and mentally. Development is related to the increase in the structure of body functions which include the ability to move roughly, fine movements, speech, and language as well as socialization and independence (Soetjningsih & Ranuh, 2015). Development is a progressive and continuous change in the organism from birth to death (Sobur, 2013).

This research is also in line with the research of Azadirachta FL, Sumarmi S. (2018) the results showed that there were significant differences in knowledge ( $p = 0.000$ ) and practice ( $p = 0.000$ ) between before and after being given pocket book media. According to researchers, pocketbooks can increase mothers' knowledge about the growth and development of toddlers. This can be seen from the increase in knowledge before (mean 4.62) and after (mean 6.53) is given treatment, meaning that pocketbooks can facilitate mothers in providing information about the growth and development of toddlers. In addition, there are several factors that contribute to the results of this study, namely seen from the level of education of respondents where some of the respondents (55.9%) have secondary or high school education (Azadirachta & Sumarmi, 2018). According to Wawan and Dewi (2014) one of the factors that affect a person's knowledge is internal factors, namely: education, the higher a person's education, the easier it is to receive information (Wawan & Dewi, 2014).

#### **Attitude of mothers before and after being given a pocket book about the growth and development**

#### **of toddlers in the Nanga Tayap Health Center work area**

Based on the results of the study, it was found that the results of the Paired Samples Test on the attitude of mothers before and after being given a pocket book about the growth and development of toddlers in the Nanga Tayap Health Center work area obtained a significant value of  $p\text{-value} = 0.000$  smaller than  $\alpha (0.05)$ . Thus, it can be concluded statistically that there are significant differences in attitudes before and after being given a pocket book on the growth and development of toddlers.

According to Notoadmojo (2014) that a good person's attitude will influence the way of behavior, including the attitude of respondents in monitoring the growth and development of cubs. A positive maternal attitude will pay more attention to the growth and development of children so that if there are obstacles or problems of growth and development immediately can be overcome or consulted to the nearest health worker (Notoadmodjo, 2014).

Attitude is a reaction or response that is still closed to a stimulus or object. In a person, attitudes are formed after a process of knowing first. Information from the media will carry suggestive messages that are strong enough to provide an effective basis in assessing something so that a certain attitude direction is formed (Azwar, 2015).

The positive attitude of respondents was reflected in before being given a pocketbook for toddler growth and development, namely the mean of 25.74, the range of 19-30 and after being given the pocketbook, the mean of 32.50, the range of 24-38. The distribution picture can be interpreted that the attitude of mothers has been more positive. The results of this study are also in line with the research of Munawaroh A, Sri Achadi Nugraheni SA, M. Zen Rahfiludin MZ (2019) with the results of research on differences in attitudes before and after pocketbook nutrition education ( $p\text{-value} = 0.000$ ) (Munawaroh et al., 2019). According to Notoadmodjo (2014), attitude is the readiness to respond positively or negatively to an object or situation consistently. Attitude is the tendency to act from individuals in the form of closed responses to certain stimuli or objects. Attitude indicates the appropriateness of reactions to stimuli that already involve factors of one's opinion and emotions. So attitude is not an action or activity, but a tendency to perform an action, behavior or role (Notoadmodjo, 2014).

According to Azwar (2012), a person's attitude can be influenced by several factors, namely age, occupation, education and parity. If some of the respondents have a negative attitude, their eating

actions and behaviors will tend to be negative, so that nutritional problems in children will occur (Azwar, 2015). According to Mubarak (2019), health education can affect the habits, attitudes, and knowledge of both individual, community, and national health. The existence of new information about something will provide a new cognitive foundation for the formation of one's attitude towards it. Mothers with a high level of education will more easily absorb information when compared to mothers who lack or no education, so with a sufficient level of education it is expected that a mother is willing and able to behave well in screening growth and development (Mubarak & Nurul, 2019).

According to researchers, giving pocketbooks in health education aims to cause attention to a problem and remind the information conveyed in order to cause a change in attitude. A pocket book about the growth and development of toddlers is an intermediary media that indirectly helps health workers in conveying information about the growth and development of toddlers to mothers. This pocket book adds to one's experience in receiving information so that it can influence one's attitude. Factors that influence the process of attitude formation are personality, intelligence, and interests. One of the functions of the application is to arouse someone's interest. Knowledge will determine attitudes, but someone who has good knowledge does not necessarily have a supportive attitude or vice versa someone who has a good attitude does not necessarily have good knowledge either.

## CONCLUSION

There was a significant difference in knowledge before and after being given a pocket book about the growth and development of toddlers. There were significant differences in attitudes before and after being given a pocketbook on toddler growth and development.

## SUGGESTION

There is a need for monitoring and developing educational media in the form of pocket books to increase knowledge and attitudes.

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