

ABSTRAK

Pengaruh Edukasi *Peer group* Pada Ibu Hamil Melalui Permainan Ular Tangga Dan Leaflet Terhadap Pengetahuan Tentang Stunting Di Kota Pekanbaru

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Latar Belakang: Stunting merupakan masalah gizi kronis yang umum terjadi di negara berkembang seperti Indonesia, disebabkan oleh kekurangan gizi jangka panjang serta faktor sosial ekonomi. Pengetahuan ibu hamil tentang gizi selama 1000 Hari Pertama Kehidupan (HPK) sangat penting dalam pencegahan stunting. Edukasi interaktif, seperti permainan ular tangga, berpotensi meningkatkan keterlibatan dan retensi pengetahuan. Namun, penerapannya masih terbatas akibat kendala sumber daya manusia.

Tujuan: Menganalisis pengaruh edukasi *peer group* dengan buku panduan melalui permainan ular tangga dan leaflet terhadap peningkatan pengetahuan ibu hamil tentang stunting di Kota Pekanbaru

Metode: Penelitian *quasy-experiment* desain *non-equivalent control group* melibatkan 64 ibu hamil yang dibagi menjadi kelompok intervensi (*peer group* permainan ular tangga) dan kelompok kontrol (leaflet). Penelitian dilakukan di Puskesmas Lima Puluh dan Rejosari, Kota Pekanbaru, pada November 2024 – Januari 2025. Data dikumpulkan melalui kuesioner pengetahuan ibu hamil (20 item) yang dimodifikasi dari Fatimah (2023), dengan validitas *Aiken's V* = 0,978 dan reliabilitas *Cronbach's Alpha* = 0,714. Analisis data menggunakan *Independent t-test* untuk membandingkan perubahan skor pengetahuan antara kedua kelompok. Analisis multivariat untuk melihat pengaruh variabel luar terhadap perubahan skor pengetahuan

Hasil: Hasil menunjukkan bahwa ada perbedaan bermakna selisih skor pengetahuan *pretest*, *post test 1* dan *posttest 2* pada kedua kelompok ($p < 0.028$) rata-rata skor pengetahuan kelompok intervensi (*pretest* 8,94 ; *posttest1* 16,41; *posttest2* 16,25) dan pada kelompok kontrol (*pretest* 8,91 ; *posttest1* 16,34; *posttest2* 15.09). Hasil analisis multivariat menunjukkan perubahan skor pengetahuan dipengaruhi oleh intervensi pendidikan kesehatan itu sendiri.

Kesimpulan: Edukasi *peer group* melalui permainan ular tangga efektif dalam meningkatkan pengetahuan ibu hamil tentang stunting serta mempertahankan retensi pengetahuan hingga dua minggu setelah intervensi.

Kata Kunci: *Peer group*, permainan ular tangga, stunting, ibu hamil, leaflet

ABSTRACT

The Effect of *Peer group* Education for Pregnant Women Through Snakes and Ladders Game and Leaflets on Knowledge About Stunting in Pekanbaru City

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Background: Stunting is a global nutritional issue, particularly prevalent in developing countries like Indonesia, resulting from long-term dietary deficiencies, as well as social and economic factors. The knowledge of pregnant women during the First 1000 Days of Life (Hari Pertama Kehidupan/HPK) plays a crucial role in preventing stunting. Interactive education, such as the snakes and ladders game, has the potential to enhance engagement and knowledge retention. However, its implementation is still limited due to constraints in human resources.

Objective: To analyze the effect of *peer group* education using guidebooks through the Snakes and Ladders game and leaflets on increasing the knowledge of pregnant women about stunting in Pekanbaru City.

Methods: This quasi-experimental study with a non-equivalent control group design involved 64 pregnant women divided into an intervention group (*peer group* using the Snakes and Ladders game) and a control group (leaflets). The study was conducted at the Lima Puluh and Rejosari Community Health Centers in Pekanbaru City from November 2024 to January 2025. Data were collected using a demographic questionnaire and a modified knowledge questionnaire for pregnant women (20 items) from Fatimah (2023), with Aiken's V validity of 0.978 and Cronbach's Alpha reliability of 0.714. Data analysis utilized the Independent t-test to compare knowledge score changes between the two groups. Multivariate analysis to see the influence of external variables on changes in knowledge scores.

Results: The results indicate a significant difference in knowledge scores between *pretest*, *post-test 1*, and *post-test 2* across both groups ($p < 0.028$), with the intervention group scoring an average knowledge of 8.94 at *pretest*, 16.41 at *post-test 1*, and 16.25 at *post-test 2*, compared to the control group's scores of 8.91 at *pretest*, 16.34 at *post-test 1*, and 15.09 at *post-test 2*. The results of multivariate analysis showed that changes in knowledge scores were influenced by the health education intervention itself

Conclusion: *Peer group* education through the Snakes and Ladders game is effective in enhancing and retaining the knowledge of pregnant women about stunting up to two weeks post-intervention.

Keywords: *Peer group*, Snakes and Ladders game, stunting, pregnant women, leaflets