

Health education lecture method to increase posyandu cadres' knowledge about stunting prevention in children

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ABSTRACT

Introduction: Stunting is a serious health problem in children, especially in developing countries. Sufficient knowledge about stunting prevention is essential for Posyandu cadres, as they provide information and support to mothers and children in the community.

Objective: Evaluate the effectiveness of the lecture method in increasing Posyandu cadres' knowledge of stunting prevention in children.

Method: This type of research uses a quantitative approach. In this study, stunting knowledge was given to a group of health posyandu cadres using the lecture method. The population in the study of cadre mothers was 60 people, with a sample of 36 people, using purposive sampling. Measuring instruments use questionnaire instruments; results are analyzed using descriptive data equipped with tables.

Results: Based on statistical test Wilcoxon test Asymp.Sig. (2 tailed) P Value $0.000 \leq 0.05$ means increased knowledge between before and after educational intervention with the lecture method.

Conclusion: the lecture method effectively increases Posyandu cadres' knowledge about stunting prevention in children. It is hoped that the results of this study can be the foundation for a broader health education program to overcome the problem of stunting in children in the community.

Keywords: health education; knowledge of posyandu cadres; stunting.



INTRODUCTION

Stunting is a serious public health problem that affects children's growth and development, especially in developing countries. Providing oral healthcare education can be an optimal strategy for imparting knowledge and developing self-care skills for older adults to enhance their oral health conditions (Romalee *et al.*, 2023). One of the practical stunting prevention efforts is carried out through health education to Posyandu cadres. Posyandu cadres have an important role in public health promotion, including in overcoming stunting in children (Siswati *et al.*, 2022). Health education delivers information, skills, and understanding to increase knowledge and promote healthy behavior in individuals or community groups. The main goal of health education is to encourage positive behavior change to prevent disease, improve health, and improve quality of life (Suprpto, 2022). The methods used in health education can vary, including lectures, group discussions, practical training, the use of visual media, and so on. The choice of the proper method usually depends on the educational objectives, the intended audience, and the context and resources available (Nurwahyuni *et al.*, 2023). Health education can include information about a healthy diet, the importance of adequate nutrition, promotion of exclusive breastfeeding, proper complementary feeding, and stimulation of children's growth and development from an early age (Hamidah *et al.*, 2020). Appropriate and comprehensive health education are expected to increase public awareness and knowledge in preventing stunting and improving children's health and quality of life (Mediani *et al.*, 2022).

The lecture method is one method that is often used in health education because it can convey information clearly and systematically to the audience (Suprpto and Mulat, 2021). In this context, the lecture method increases Posyandu cadres' knowledge of stunting prevention in children. The lecture method is one of the methods used in the health education process to convey information verbally to a group of people or audience (Aramico, Huriyati, and Dewi, 2020). This method involves a speaker systematically delivering the prepared material to the listeners. The lecture method is one of the practical approaches in health education, especially in conveying information systematically and structurally to large groups. Using the lecture method, it is hoped that Posyandu cadres' knowledge of stunting prevention can be significantly improved. Posyandu cadres are the spearhead of the Posyandu program, which has direct responsibility for providing health services to mothers and children at the community level. Therefore, increasing the knowledge and understanding of Posyandu cadres about stunting prevention is critical in efforts to reduce stunting rates in Indonesia (Ponum *et al.*, 2020).

Through increasing knowledge and awareness of Posyandu cadres, it is hoped that better collaboration between health workers and the community can be realized in facing the challenges of stunting in children. This will positively impact children's health and quality of life and raise awareness of the importance of optimal nutrition early on. One effective strategy for overcoming stunting is through health education to Posyandu cadres (Aramico *et al.*, 2020). Posyandu cadres are volunteers who play an essential role in providing basic health services to the community, especially in maternal and child health. The lecture method is one of the methods that can be used in health education to increase Posyandu cadres' knowledge and understanding of stunting prevention in children. Using this method, the information provided can be conveyed systematically and structurally to Posyandu cadres (Suprpto *et al.*, 2024). One effective strategy for improving the knowledge and skills of Posyandu cadres related to stunting prevention is through health education. The lecture method is often used in health education because it can convey information systematically and easily understood by the audience (Prasetyo, Permatasari, and Susanti, 2023).

The implications of this study have several important aspects. One is increasing the knowledge of Posyandu Cadres through health education using the lecture method. It is hoped that Posyandu cadres can increase their knowledge about stunting prevention in children. Better knowledge will enable them to provide more effective services to communities with stunting

issues. Behavior Change In addition to knowledge, health education can also influence the behavior of Posyandu cadres in supporting stunting prevention, such as providing information and counseling to pregnant women and toddlers, monitoring child growth regularly, and supporting healthy feeding practices. Community Empowerment with enhanced knowledge and skills, Posyandu cadres can also play a role as agents of change at the community level. They can mobilize communities to be more concerned about the problem of stunting and take necessary preventive measures. Thus, the implication of this study is to strengthen the role of Posyandu cadres in efforts to prevent stunting, improve children's health, and contribute positively to the welfare of society. This study aims to evaluate the effectiveness of the health education lecture method in increasing Posyandu cadres' knowledge of stunting prevention in children. With a better understanding of the factors that cause stunting, effective prevention measures, and the role of Posyandu cadres in supporting stunting prevention efforts, it is hoped that increased awareness and concrete action can be achieved in protecting children from the risk of stunting.

MATERIALS AND METHODS

This type of quantitative research uses a pre-test and post-test design with a control group. A total of 36 Posyandu cadres were sampled and divided into two groups: an intervention group that received health education through the lecture method and a control group that did not receive the intervention. The research instrument was a knowledge questionnaire before and after the intervention. The sampling technique uses purposive sampling samples. Data collection will be done using questionnaire research instruments in structured statements. Analysis of univariate data; bivariate and analysis results in descriptive data equipped with tables.

RESULTS

Table 1. The level of knowledge of cadres before and after being educated with the lecture method on stunting prevention

Variable	N	Mean	SD	Mean
Pre-test	18	23,83	3,451	2,69
Post-test	18	25,78	2,557	

Table 1. shows the average knowledge of cadres before (23.83) with the standard of division (3.451) and after (25.78) with the standard of division (2.557). The average knowledge of stunting prevention after being provided with health education has increased.

Table 2. Normality Test and Wilcoxon Test

Treatment groups			Significance	
Lecture Method	PreTest		0,200	
	Post Test		0,029	
Variable	N	Mean	Z	Asymp.Sig. (2 tailed)
Pre-test Lecture Method	18	23,86	-3,748 ^a	0,000
Post-test Lecture Method	18	27,61		
Pre-test Lecture Method	18	21,61	-2,104 ^a	0,035
Post-test Lecture Method	18	23,78		

Table 2 shows that the data before and after treatment was given to the lecture method group, which had a significance value of > 0.05 , and the data was declared normally distributed. Wilcoxon Test that P Value $0.000 \leq 0.05$ means that there is an increase in the average knowledge before and after education is given using the lecture method, so it can be concluded that there is an influence of health education using the lecture method on the knowledge of posyandu toddler cadres about stunting prevention in children.

DISCUSSION

Researchers found that the lecture method was effective in increasing Posyandu cadres' knowledge of stunting prevention in children. The lecture method has proven effective in increasing Posyandu cadres' knowledge of stunting prevention in children. Using the lecture method, information can be systematically and easily understood by Posyandu cadres (Martha *et al.*, 2020). This enables them to understand the factors that cause stunting, effective prevention measures, and their role in supporting stunting prevention efforts (Etrawati *et al.*, 2023). Thus, the lecture method can be an effective tool in strengthening the knowledge of Posyandu cadres and improving the quality of health services they provide to the community related to the problem of stunting in children (Santi *et al.*, 2022). Systematic information delivery: the lecture method enables the delivery of information on stunting prevention in children in a systematic and structured manner. The material presented may include stunting risk factors, the importance of balanced nutrition, correct feeding practices, and the role of Posyandu cadres in supporting prevention efforts (Evi *et al.*, 2023). Although interaction in the lecture method is usually limited, the question-and-answer session can allow Posyandu cadres to clarify understanding, obtain additional information, or share practical experiences related to stunting prevention (Handayani, 2021).

The use of supporting media in some cases, the use of visual or audio media such as presentation slides, videos, or images can increase the effectiveness of the lecture method by enriching the delivery of information and maintaining the interest of the audience (Jokhu and Syauqy, 2024). Measurable knowledge improvement evaluation before and after the lecture session can be carried out to measure the increase in Posyandu cadres' knowledge of stunting prevention. Thus, the effectiveness of the lecture method can be measured concretely based on an increase in knowledge scores. Influence on behavior: although the lecture method focuses more on delivering information, the knowledge gained can influence the behavior of Posyandu cadres in providing health services and education to the community related to stunting prevention (Herlianty *et al.*, 2023). Thus, the synthesis shows that the lecture method is effective in increasing the knowledge of Posyandu cadres about stunting prevention in children by providing a structured platform, providing limited interaction opportunities, using supporting media, measuring increased knowledge, and influencing behavior in the context of stunting prevention (Ode Novi Angreni *et al.*, 2024).

The lecture method effectively increases Posyandu cadres' knowledge about stunting prevention in children (Stellata *et al.*, 2022). However, it is essential to remember that the effectiveness of this method also depends on the quality of the material presented, the speaker's ability to convey information well, as well as continued support for applying the knowledge gained in daily practice (Brahima, Noor and Jafar, 2020). Informative and inspiring lectures can motivate Posyandu cadres to take concrete actions to support stunting prevention, such as monitoring children's growth regularly, informing parents about healthy feeding practices, and holding community counseling sessions. Although interaction in the lecture method tends to be limited, Posyandu cadres can still ask questions or discuss briefly related to the material presented (Setiawan, 2021). This can help them clarify their understanding and overcome confusion over complex concepts. Informative and inspiring lectures can motivate Posyandu cadres to take concrete actions to support stunting prevention, such as monitoring children's growth regularly, providing information to parents about healthy feeding practices, and holding community counseling sessions. The lecture method can be considered effective in increasing the knowledge of Posyandu cadres about stunting prevention in children because of its ability to convey information in a clear, structured, and easily understood way (Rahmawati *et al.*, 2021). However, paying attention to other factors, such as the material's quality, the speakers' expertise, and continued support for applying knowledge in the daily practice of Posyandu cadres is also essential. Although the lecture method has advantages in increasing knowledge, keep in mind that

its effectiveness can also be influenced by other factors such as the material's quality, the speaker's ability, and continuous support for applying knowledge in the daily practice of Posyandu cadres. Therefore, combining other educational methods and a holistic approach can be a more effective strategy for preventing stunting in children (Syafrawati *et al.*, [2023](#)).

CONCLUSIONS

It can be concluded that the lecture method effectively increases Posyandu cadres' knowledge of stunting prevention in children. This is supported by the ability of the lecture method to convey information systematically, focus on important material, interact with speakers, use case examples, and repeat important material. With the increase in knowledge of Posyandu cadres about stunting prevention, it is hoped that they can provide more effective health services to the community, primarily related to the problem of stunting in children. In addition, better knowledge can also influence the behavior of Posyandu cadres in supporting stunting prevention efforts, such as providing information to pregnant women and toddlers, monitoring child growth regularly, and supporting healthy feeding practices.

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Conflict of Interest

None declared

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