



THE EFFECT OF BOOKLET MEDIA HEALTH EDUCATION ON MOTHERS' KNOWLEDGE ABOUT PICKY EATERS OF PRESCHOOL CHILDREN

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ABSTRACT

Introduction: Picky eating is a behavior that is difficult to eat in children with a strong tendency to be picky about food, consuming less varied food, limiting intake of certain foods, both familiar and new types of food to try. Good maternal knowledge is needed to be able to deal with picky eater behavior in children appropriately and prevent the picky eater problem from getting worse. Lack of knowledge causes limited information as a reference for action. Health education about picky eaters is carried out as an effort to increase mothers' knowledge about picky eaters. Carrying out health education using booklet media will help receive information about picky eaters more optimally. This research aims to analyze the effect of booklet media health education on mothers' knowledge about picky eaters in preschool children. **Methods:** This research design uses pre-experimental with one group pre-test and post-test. Using total sampling with a population of 40 respondents. The data collection method uses a questionnaire with 20 question items whose validity and reliability have been tested. The questionnaire is suitable to be used to measure mothers' knowledge about picky eaters in preschool children. **Results:** The results of the research using the Wilcoxon test obtained sig (0.000) < 0.05 which means there is an influence on mothers' knowledge about picky eaters before and after health education. **Conclusions:** Booklet media health education has a significant effect on mothers' level of knowledge about picky eaters in preschool children.

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INTRODUCTION

Preschool children create a period of extra attention for parents providing attention to children starting at the age of 3-6 years before entering elementary school (Maghfuroh & Salimo, 2019). In the preschool period, children often encounter problems with difficulty eating, one of which is picky eating (Iradhah et al., 2023). *Picky eaters* namely picky eating behavior in children with a tendency to have strong food choices, less variety of foods consumed, as well as restrictions on consuming certain food groups and refusing to try new or familiar food (Setiarsih & Habibi, 2020). Picky eaters can be called fussy, faddy, and choosy eaters (Wolstenholme et al., 2020).

The incidence of picky eaters in Indonesia is 44.5% accompanied by mild-moderate malnutrition (Pramesty et al., 2021). Research in East Jakarta as many as 48.3% of preschoolers are picky eaters. Research in Surabaya by (Rida Purnamasari & Adriani, 2020) there are 68% of young children are picky eaters. The varying

percentages are due to different data categories and measuring instruments in the research conducted (Muflih et al., 2023). Research by (Ulandari et al., 2019) stated that the incidence of difficulty eating in preschool children in Lamongan was 57.1%. Based on a preliminary survey conducted by researchers on November 11 2023 at TK Lestari Supenuh, Sugio District, Lamongan Regency, by conducting initial interviews with 11 respondents, the results showed that 8 respondents had children who showed signs of picky eater symptoms.

The causes of picky eater behavior are divided into internal factors of the child such as appetite and refusal to eat and external factors such as parenting patterns, variations in food offerings, and the mother's knowledge (Taylor and Emmett, 2019) Good maternal knowledge can provide a variety of dishes and of course can prevent difficult eating problems such as picky eaters in children from an early age (Dody Izhar,



2017). Mothers' lack of nutrition knowledge can lead to an indifferent attitude when children choose to eat carelessly and it will be difficult to find solutions to children's eating problems, which can disrupt the child's nutritional status (Fitriyanti and Sutiejo, 2019; Noviana and Aini, 2020).

Health education can be a choice to increase mothers' knowledge about picky eaters (Herawati et al., 2021). This health education is carried out as an approach to disseminating information to improve abilities, knowledge, and quality of life to groups or individuals where this health education is included in health interventions in the form of health promotion (Sembada et al., 2022). Study Rosdiana et al., (2022) the results show that there is an influence on maternal knowledge before and after health education about nutrition for children aged 1-5 years. In other research Rahmawati et al., (2022) before being given health education the average score was 10.26 while the average score after health education was given was 16.52. With a Wilcoxon test result of 0.00 (p-value <0.05), this means that there is an influence of health education on knowledge of stunting prevention.

Based on the description above, this research aims to determine the effect of booklet media health education on mothers' knowledge about picky eaters in preschool children aged 3-6 years at Lestari Supenuh Kindergarten, Sugio District, Lamongan Regency.

MATERIALS AND METHODS

The research was carried out at Lestari Supenuh Kindergarten, Sugio District, Lamongan Regency on 22 February – 18 March 2024. The research design used was pre-experimental with a one-group pre-test and post-test design. The

population in this study was 40 respondents. The sample was taken using a total sampling technique so that the sample for this study was 40 respondents. This research instrument uses a questionnaire created by the researcher. The questionnaire used to measure mothers' knowledge about picky eaters in preschool children consists of 20 question items. The knowledge questionnaire contains the meaning of picky eater, factors that cause picky eater, symptoms of picky eater, the impact of picky eater, and how to deal with picky eater. All question items have been declared valid and reliable so they are suitable to be used as measuring tools in research.

This research was carried out after all respondents were willing to take part in the research which was indicated by filling out the informed consent formula. Next, give a pre-test about picky eaters to preschool children for 20 minutes. After that, health education is given for 30 minutes using booklet media covering understanding, causal factors, symptoms, impacts, and how to treat picky eaters in preschool children. The respondent was given the opportunity for 2 weeks after being given a booklet about picky eaters to take home and study. Next, a post-test was collected from mothers after being given health education about picky eaters in preschool children for 30 minutes.

This research does not violate any of the research ethics which pays attention to the benefits of research, explaining that no one will be harmed in the research, that it does not endanger lives, and is life-threatening. As well as maintaining the security of research respondents' data. Proven by ethical sheet no. 088 / ECC / KEPK - S1 / 05 / 2024.

RESULTS

Table 1. Characteristics of maternal research respondents based on Age, Education, and Working Status at TK Lestari Supenuh Sugio, Lamongan 2024 (n=40).

Characteristics	Frequency	Percentage (%)
Age		
25-35 years	6	15
<35 years	26	65
Education		
Basic	8	20
Medium	2	5
High	29	72.5
Working Status		
Not Working	9	22.5
Working	22	55
Total	40	100

Table 1 shows that in this study the respondents in the sample were 40 respondents with the majority of respondents aged 25-35 years (65%), the majority of respondents with secondary education levels (72.5%), and the majority of respondents not working (55%).

Table 2. Distribution of mothers' knowledge about picky eaters before being given booklet media health education at TK Lestari Supenuh Sugio, Lamongan 2024 (n=40).

Knowledge	Frequency	Percentage (%)
Less	17	42.5
Enough	13	32.5
Good	10	25
Total	40	100

Table 2 shows that mothers' knowledge about preschool children's picky eaters before being given booklet media health education, almost some had poor knowledge (42.5%), almost some had enough knowledge (32.5%) and a small number had good knowledge (25%).

Table 3. Distribution of mothers' knowledge about picky eaters after booklet media health education at TK Lestari Supenuh Sugio, Lamongan 2024 (n=40).

Knowledge	Frequency	Percentage (%)
Less	3	7.5
Enough	11	27.5
Good	26	65
Total	40	100

Table 3 showed that mothers' knowledge about picky eaters in preschool children after being given health education in booklet media, most of them had good knowledge (65%), a few had enough knowledge (27.5%) and a few others had less knowledge (7.5%).

Table 4. Analysis of the effect of booklet media health education on maternal knowledge about picky eaters at TK Lestari Supenuh Sugio, Lamongan 2024 (n=40).

Knowledge	Min-Max	N	Std. E	Mean	P value
Pre-test	35-90	40	1.656	68.25	0.000
Post-test	45-95	40	1.890	79.88	

Table 4 It can be seen that the average knowledge of mothers about picky eaters has increased to (80.00) after receiving health education. The results of the Wilcoxon statistical test obtained a p-value (0.000) < (0.05) so the conclusion was that there was a significant influence of health education about picky eaters on mothers' knowledge at TK Lestari Supenuh, Sugio, Lamongan.

DISCUSSION

Mothers' Knowledge About Picky Eaters in Preschool Children Before Booklet Media Health Education is Conducted

Table 2 shows the frequency of mothers' knowledge in the research before giving health education as a media booklet about picky eaters for preschool children, almost some of the respondents had less knowledge (42.5%), almost all of the respondents had enough knowledge (32%) and a small number of respondents had good knowledge (10%). Table 1 shows that almost all respondents have secondary education (80%), a small proportion of respondents have primary education (5%) and a small proportion of respondents have tertiary education (22.5%). This shows that there are differences in education among respondents in this study.

The results are the same as shown by Rosdiana et al., 2022 related to the influence of health education on mothers' knowledge about nutritional status in preschool children. The research results showed that before health education about nutrition, the majority of respondents had less knowledge (67.6%) and a

small number of respondents had good knowledge (11.8%).

Knowledge can be influenced by education, age, work, environment, and exposure factors information (Notoatmodjo, 2018). Low education can cause individuals to experience difficulties in receiving information and experience obstacles in dealing with problems (Sulaiman, 2022). Meanwhile, higher education helps individuals better receive information, interpret it, and apply it appropriately, including in the health sector (Nurmaliza and Herlina, 2019). According to Syahroni et al., (2021), knowledge influences nutrition-related activities that can be applied to families. Mother's knowledge influences the process of processing information, evaluating information, and applying it to parenting patterns (Nyanyi, Wahyuni and AF, 2019). According to Chatoor in Farwati & Ikhsan Amar, (2020), mothers' knowledge regarding nutrition also influences children's eating behavior, including providing nutrition and eating patterns. Implementing a poor diet is caused by a lack of knowledge, if it continues it will result in eating difficulties such as picky eaters

According to researchers, respondents with less knowledge about picky eaters in preschool children because one of the knowledge factors is education. A total of 29 respondents with secondary education levels still lacked values related to nutritional knowledge and good child feeding patterns to overcome picky eaters. Other factors of knowledge, such as lack of information about picky eaters, cause respondents to have less knowledge of picky eaters. Health education about picky eaters for preschool children is still not effectively carried out by local regional health officers and teaching staff at the school.

Mothers' Knowledge About Picky Eaters in Preschool Children After Being Given Health Education in Booklet Media

Table 3 shows the frequency of mothers' knowledge in the research after given health education as a media booklet about picky eaters for preschool children, a small number of respondents had less knowledge (7.5%), a small number of respondents had enough knowledge (27.5%) and the majority of respondents had good knowledge (65%).

Research by Yanti et al., (2022) regarding the influence of health education on maternal knowledge about stunting. Research shows that before health education about stunting was carried out, almost all respondents had good knowledge (97.7%), and a small percentage of respondents had enough knowledge (2.3%).

Table 1 the age frequency of respondents is mostly aged 25-35 years (65%), with a small number of respondents aged >24 years (15%), and a small portion aged >36 years (20%). At the age of 25-35 years, this is a sufficient age for cognitive development so that they are superior in accepting the values of new things. Apart from that, at this age, the level of curiosity is better and more focused than at adolescence (Zahra, Fitriani, and Yogaswara, 2021).

According to Rozana *et al.*, (2022), health education is a form of application of education in the health sector which is related to activities to teach, provide, and improve knowledge, attitudes, and behavior to individuals, groups, and society. So it is often found that there is an increase in respondents' knowledge after health education is carried out.

According to researchers, the increase in mothers' knowledge about picky eaters is at a good level after health education has been carried out, which cannot be separated from the age factor which is quite good in cognitive development. Apart from that, supporting factors such as supporting media factors that are easy to

use and material factors that are appropriate to problems related to children's behavior.

The Effect of Booklet Media Health Education on Mother's Knowledge About Picky Eater in Preschool Children

Based on the statistical tests in Table 4, it can be seen that the average value of the mother's knowledge about picky eaters before the booklet media health education was carried out was (65.00) with a standard deviation of (1.656) and the average value of knowledge after the booklet media health education was carried out was (80.00) and standard deviation (1.890). From the results of statistical tests using the Wilcoxon test, a significance value (sig) of 0.000 ($p < 0.05$) was obtained. These results show that there are different results in the significance of values before and after health education is carried out.

Research by Pratiwi & Muhlisin, (2023) regarding the effect of health education on pregnant women's knowledge about efforts to prevent stunting, the results showed significance (p -value $0.000 < 0.05$). This shows that there is an effect of health education on pregnant women's knowledge about efforts to prevent stunting in children. Before the health education was carried out, the mother's knowledge about stunting prevention was in the enough category, and after the health education changed to the good category. Increased knowledge is due to factors such as age, education, time availability, and targets.

Research by Lusiani et al. (2021) regarding the influence of health education using booklet media on mothers' knowledge about stunting among 30 respondents showed significant results (p -value $0.000 < 0.05$). This shows that there is an influence of health education using booklet media on mothers' knowledge about stunting. Before being given the intervention, mothers' knowledge about stunting was in the good (57%), less (33%) and enough (3%) categories. Meanwhile, after being given the intervention, mothers' knowledge about stunting increased to the good (93%) and enough (7%).

According to Herawati et al., (2021), the advantages of booklet media compared to other media are that booklets can help convey information more completely and quickly, booklets can be read repeatedly without using electricity, and can contain information accompanied by pictures or photos that help understand educational targets. Using visual learning media such as booklets can increase information through the sense of sight by 75%. Booklet media is media that is easy to use because

it is in the form of a book and does not have special procedures for use.

According to Notoatmodjo, (2019), the knowledge factor cannot be separated from information and experience. Respondents gained experience by attending health education about unknown health problems such as picky eating in preschool children. Meanwhile, information was obtained from the booklet media used to convey the information. Picky eater material in health education is also included in a booklet which is structured and easy to understand. Respondents can read and understand the picky eater material again through the booklet at a later time to maintain knowledge or increase their knowledge about picky eaters. The sense of sight works optimally in capturing information so that it can help individuals improve their knowledge for the better.

Education health is an intervention to help individuals, groups, and communities know how to achieve optimal health (Jamaliah & Hartati, (2023). Health education also aims to improve abilities, and behavior and maintain existing health-related knowledge (Kore, Dwi Ariesthy and Djogo, 2021). Following the definition of health education itself, it is related to the process of helping individuals and groups to make decisions based on health-related knowledge (Asniar et al., 2020). Media selection in health education can optimize the success of health education. The media to be used should be adjusted to the targets of health education.

In the researchers' opinion, mothers' lack of knowledge about picky eaters causes picky eaters behavior to get worse. One of the factors causing this lack of knowledge is the lack of information about picky eaters both in schools and local health settings. Health workers who may not be focused enough on the problem of picky eaters or children's poor eating behavior means that the information that is known is very limited. Mother's knowledge about picky eaters is in a good category if she understands, interprets, and can explain information correctly. Booklets are chosen by considering the advantages of this media compared to others. The advantage of the booklet is that it includes complete and clear information so that it is easy to understand mothers of preschool-age children who have children with picky eating problems or not. The booklet media used can help optimize the mother's absorption of picky eater information. Therefore, it is necessary to carry out health education about picky eaters by health workers to increase mothers' knowledge. So it can be a basis for taking action regarding picky eaters.

CONCLUSIONS

Health education using booklet media has a significant effect on increasing mothers' knowledge about picky eaters in preschool children. Health education is one way for people to gain knowledge based on the health information that has been conveyed. The advantages of booklet media in the use of simple language are easily understood by the community, can be re-read at other times, contains complete and clear information, and has pictures or photos to clarify the intention of helping people to understand health information more quickly. During the two-week interval from the first intervention, it was informed that the booklet could be taken home by the mother to provide an opportunity to understand the picky eater material in preschool-age children at home. Health education with booklet media about picky eaters in preschool children can increase the mother's level of knowledge starting with conveying information, continuing with the stage of understanding and forming opinions, then turning into knowledge about picky eaters. Therefore, health workers need to provide health education about picky eaters for mothers with preschool-aged children. This is to increase knowledge, maintain knowledge, and maximize information related to picky eaters to be used as a reference for making decisions.

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