

The Influence of Local Educational Media on the Understanding of Tolaki Tribe Mothers about Stunting in Watulondo Subdistrict, Kendari

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ABSTRACT

Stunting is a condition in which children are shorter in height than children of their age. It is caused by chronic malnutrition. This study aims to assess the influence of local educational media on the level of understanding of Tolaki women about stunting through booklet media. This research uses Pre-Experimental Designs approach. The population of this study were 50 indigenous Tolaki mothers who had stunted children or not, lived in Watulondo Village for at least 10-15 years, and understood the Tolaki language fluently. The sample in this study amounted to 35 people obtained by purposive sampling. The results showed that there was an effect of providing local education media on increasing the understanding of Tolaki Tribe mothers based on the characteristics of respondents at the age of 20-35 years ($p = 0.000$), junior high school education ($p = 0.000$), high school education ($p = 0.000$), household work ($p = 0.000$) = 0.000), and private employment ($p = 0.000$). Meanwhile, there was no effect of giving booklet media at age >35 years ($p=0.039$) and elementary school education ($p=0.066$). The results of the paired t test sample show that there is an influence of local educational media on increasing the understanding of Tolaki women about stunting which includes translation behavior ($p=0.000$), interpretation ($p=0.000$), exploration ($p=0.000$), and understanding ($p=0.000$)) after the intervention. Lalombaku posyandu health workers are expected to use local media in the form of booklets as an effort to increase maternal understanding in a sustainable manner. Thus, maternal understanding can last a long time and support the success of health promotion programs.

Keywords: Stunting, Booklet, Understanding, Local Educational Media

I. INTRODUCTION

Stunting is a condition where toddlers have a length or height that is less than their age. This condition is measured by a length or height that is more than minus two standard deviations of the median child growth standard from the WHO [1]. Under-five stunting is a chronic nutritional problem caused by many factors such as socioeconomic conditions, maternal nutrition during pregnancy, infant morbidity, and lack of nutritional intake for infants. Stunting toddlers in the future will have difficulty in achieving optimal physical and cognitive development (Pusdatin Kementerian Kesehatan RI, 2018).

The case of stunting in children under five is still a health problem that needs to be watched out for in Indonesia. Data on the prevalence of stunting children under five collected by WHO released in 2018 states that Indonesia is included in the third country with the highest prevalence in the South-East Asian Region (Pusdatin Kementerian Kesehatan RI, 2018). Based on data from the Southeast Sulawesi Provincial Health Office, the prevalence of stunting has increased from 421 per 10,000 children under five to 2,162 per 10,000 children under five from 2010 to 2014. According to the nutritional monitoring results, toddlers were recorded to be very short at 8.6%, short at 20.0% and normal by 71.4% (Dinkes Provinsi Sulawesi Tenggara, 2016). Meanwhile, the highest number of stunting cases was in Watulondo Village. Watulondo Village with 38 stunting cases [2].

The impact of stunting can be divided into short-term and long-term impacts. Short-term impacts may include an increase in the incidence of morbidity and mortality, suboptimal cognitive, motor, and verbal development in

children, and an increase in health costs. While the long-term impact is not optimal body posture as an adult (shorter than in general), increased risk of obesity and other diseases, decreased reproductive health, learning capacity and performance that is less than optimal during school time, productivity and work capacity that is not optimal [3].

Many factors affect the nutritional status of children, for example, cultural, economic, and educational factors. Culture is one of the factors that influence the mother's attitude in undergoing her pregnancy, undergoing the birth process, and in caring for toddlers. Economic status also affects the incidence of stunting in families in the Lalombaku posyandu area, such as standard family income resulting in poor nutritional intake and low quality of food consumed which can indirectly be related to stunting. The level of education also affects the incidence of stunting, children born to parents with low education tend to experience stunting compared to children born to parents with a high level of education.

Based on the results of an initial survey conducted by researchers, in 15 women of childbearing age who had stunted children in the Lalombaku Posyandu area, it was found that the standard level of education and the lack of providing specific information about stunting could indirectly affect the mother's understanding. This is supported by research conducted by Haile (2016) which states that children born to parents who have higher education tend to be easier to receive health education during pregnancy. However, actually the factors that influence the incidence of stunting can be overcome if every mother gets the right information regarding stunting.

One way to obtain appropriate health information is through health promotion using educational media to the public [4]. Media can also be used as teaching aids that can help the public understand the material presented by the presenters. The media in the learning process will cause the learning process to become more interesting so that it can be easily understood and causes the target not to get bored easily [5].

Health promotion media include print media, electronic media, and board media. The media or aids in health promotion used in this study were print media, namely booklets which were used to increase the understanding of Tolaki Tribe mothers regarding stunting. The booklet contains important information, the contents must be clear, firm, easy to understand, and will be more interesting if accompanied by pictures. The small size makes the booklet easy to carry everywhere. In addition, the booklet which contains important information accompanied by illustrations makes it easier for Tolaki Tribe mothers in the understanding process, and using the Tolaki language translation makes it easier for Tolaki Tribe mothers to better understand the contents of the booklet.

According to a preliminary study obtained by researchers based on data from the Kendari City Health Office, it shows that the working area of the Puwatuu Public Health Center has the highest stunting cases, precisely in the Watulondo sub-district, the Lalombaku posyandu area, and the Lalombaku posyandu community, Watulondo sub-district, has never been given a special understanding of stunting, there has been a program carried out however, it has not gone well at the Lalombaku Posyandu (Integrated Health Post).

II. METHODS

This research uses Pre-Experimental Designs intervention study with time series design. This design is in the form of repeated measurements both before and after the intervention. The pretest and posttest were carried out repeatedly before and after being given treatment, the group was given a pretest and posttest for 3 times in order to determine the stability and accuracy of the research subjects. In this study, the educational media materials (booklets) given to the Tolaki women were the same, the pretest and posttest questionnaires were the same, the time span was the same, the presenters who provided information were also the same, and the pretest and posttest were each given a distance between measurements for 3 days with the same variable.

This research was conducted in the Watulondo village, precisely in the Lalombaku Posyandu in the Puwatuu Health Center area. The target population in this study were Tolaki Tribe mothers who had stunted children or not who had their children's health checked at the Lalombaku Posyandu, Watulondo Village for the last 3 months. The total population is 50 Tolaki women who have stunting children or those who do not. While the number of samples in the study were 35 Tolaki women. The sampling technique used in this study was purposive sampling based on inclusion and exclusion criteria.

The data collection was obtained from primary data, namely data obtained directly from the sample who was interviewed in the preliminary study. Data were also obtained from secondary data, namely Kendari City Health Office data, Puwatuu Health Center data, Watulondo Village data, Lalombaku Posyandu data and other reliable sources. Data processing used the Software Package for Social Science (SPSS) program, while data analysis used

univariate analysis, bivariate analysis with paired t-test and Wilcoxon Signed Ranks to determine the effect of local educational media on the understanding of Tolaki women based on the characteristics of respondents.

III. RESULTS

Univariate Analysis

Respondent Characteristics

In this study, a univariate analysis was carried out which aims to describe and explain the characteristics that include the maternal age group, education, occupation, and the number of respondents who have stunted children and who do not have stunting children. The frequency distribution of respondents based on the characteristics can be seen in the following table:

Table1. Frequency Distribution Based on Respondent Characteristics

Demographic characteristics	Amount	%
Group mother's age		
18 - 35 years	30	84
>35 years	5	16
Total	35	100,0
Education		
Elementary School	4	11,4
Primary School	18	51,4
Secondary School	13	37,1
Total	35	100,0
Employment		
IRT	34	97,1
Private	1	2,9
Total	35	100,0
Number of Stunting Cases		
Exposed	19	54,3
Not exposed	16	45,7
Total	35	100,0

Source: Primary Data 2020

Table 1 shows the frequency distribution of respondents by age group, education, occupation and the number of respondents who have stunted children or those who do not. The age of respondents who have the highest percentage is the age range of 18-35 years (84%). It is known that the respondent's education has the highest percentage of junior high school (51.4%). Meanwhile, the occupation of the respondent who has the highest percentage is IRT (97.1 %). The number of respondents in this study were 35, each of which was exposed as many as 19 respondents, namely 54.3 and those who were not exposed, as many as 16 respondents, namely 45.7.

Bivariate Analysis

Bivariate analysis was used to see the effect of the independent variable consisting of understanding (translation, interpretation, exploration) and the dependent variable, namely stunting. Data analysis was conducted to determine the effect of local educational media on the understanding of Tolaki Tribe mothers regarding stunting by using a paired t-test. Meanwhile, to determine the effect of local educational media on the understanding of Tolaki women based on the characteristics of respondents, data analysis was carried out using the Wilcoxon Signed Ranks Test. If the p value < 0.05 then the decision is Ho is rejected or there is an effect, while if the p value is > 0.05 then the decision is Ho is accepted or there is no effect. To see the long-term effect of the variables of understanding, translation, interpretation and exploration of the intervention results, namely in posttest 3 - pretest 3. This is because the results of the intervention test as a whole and the final results are found in the p value of posttest 3 - pretest 3. The results of bivariate analysis as follows:

Table 2. The Effect of Giving Booklets on Understanding Tolaki Tribe Mothers based on the characteristics of respondents in the Lalombaku Posyandu area in 2020

Characteristics of Respondents	p value
	Understanding
Age	
18-35 years	.000
>35 years	.039
Education	
Elementary School	.066
Primary School	.000
Secondary School	.001
Work	
House Wife	.000
Private	.000

Source: Primary Data 2020

Table 2 shows that there is an effect of giving Booklets on understanding variables based on the characteristics of respondents in the age category 20-35 years with a value (p value = 0.000 < 0.05). Meanwhile, respondents with the age category > 35 years showed no effect. So it can be concluded that the intervention of giving booklets has more influence on the understanding of Tolaki women aged 20-35 years than respondents aged over 35 years.

On the characteristics of education, it shows that there is an effect of giving Booklets on understanding based on the characteristics of respondents in the category of junior high school education with a value (p value = 0.000 < 0.05) and high school with a value (p value = 0.001 < 0.05). However, it is different from the elementary school category which shows that there is no effect of giving Booklets on the understanding of Tolaki Tribe mothers.

On job characteristics, it shows that there is an effect of giving booklets to understanding based on the characteristics of respondents in the IRT and Private categories with a value (p value = 0.000 < 0.05).

Table 3. The Effect of Giving Booklets on Behavior Determination (Translation, Interpretation, and Exploration) of Tolaki Tribe Mothers in the Lalombaku Posyandu area in 2020

Variable	Mean	Std.	Nilai p
Translation			
Posttest 1 – pretest 1	2.457	2.020	.000
Posttest 2 – pretest 2	2.571	1.577	.000
Posttest 3 – pretest 3	2.200	1.659	.000
Interpretation			
Posttest 1 – pretest 1	2.086	1.579	.000
Posttest 2 – pretest 2	1.857	1.375	.000
Posttest 3 – pretest 3	3.200	1.623	.000
Exploration			
Posttest 1 – pretest 1	.971	1.636	.001
Posttest 2 – pretest 2	2.514	1.900	.000
Posttest 3 – pretest 3	3.600	1.666	.000

Source: Primary Data 2020

Table 3 shows that the translation variable has a value (p value = 0.000 < 0.05) in each repeated measurement, meaning that there is an effect of giving Booklets on the translation of Tolaki Tribe mothers in the Lalombaku Health Center area and has an impact in the long term. Furthermore, the interpretation variable has a value (p value = 0.000 < 0.05) in each repeated measurement, meaning that there is an effect of giving Booklets on the interpretation of Tolaki Tribe mothers in the Lalombaku health center area and has an impact in the long term. After statistical tests were carried out on determining translation behavior and interpretation, the last behavioral test was the determination of exploration behavior which showed that there was an influence on each measurement (p value

= 0.000 <0.05), meaning that there was an effect of giving Booklets on the exploration of Tolaki Tribe mothers and had an impact in the period of time. which is old.

Table 4. The Effect of Booklet Giving on the Understanding of Tolaki Tribe Mothers in the Lalombaku Posyandu area in 2020

Variable	Mean	Std.	Nilai p
Understanding			
Posttest 1 – pretest 1	5.514	3.425	.000
Posttest 2 – pretest 2	6.943	2.578	.000
Posttest 3 – pretest 3	8.971	2.479	.000

Source: Primary Data 2020

Table 4 shows that the understanding variable has a value (p value = 0.000 <0.05) in each repeated measurement, meaning that there is an effect of giving Booklets on the understanding of Tolaki Tribe mothers in the Lalombaku health center area and has an impact in the long term.

IV. DISCUSSION

Univariate Analysis

Characteristics of Respondents

Based on the data on the distribution of the characteristics of the respondents, the highest age group of Tolaki women was at the age of 18-35 years (84%) and the lowest was at the age of >35 years (16%). While the mother's education is the highest, namely graduating from junior high school (51.4%) and graduating from elementary school is the lowest mother's education (11.4%). In addition, the highest employment status of Tolaki women is housewives (97.1%) and the lowest is as private workers (2.9%). 19 respondents (54.3%) and 16 respondents who do not have stunting children (45.7%).

Bivariate Analysis

The Influence of *Booklet Giving* on the Understanding of the Mother of the Tolaki tribe based on the Characteristics of Respondents in the Posyandu Lalombaku Region in 2020

This research was conducted in the Watulondo village, precisely in the Lalombaku Posyandu in the Puwatu Health Center area. The residents of the Watulondo Village area have a Tolaki ethnic background. The majority are Muslim and the rest are Catholic and Protestant Christians and Buddhists. Characteristics of respondents in this study include maternal age, education, occupation, and the number of respondents who have stunted children and who do not have stunting children.

The results of the analysis showed that the age characteristics of the Tolaki Tribe affected the level of understanding of stunting after the intervention was given. Based on the results of the Wilcoxon Signed Ranks Test statistical test, the results showed that mothers aged 20-35 years had a p-value of 0.00 (<0.05) while mothers aged >35 years had a p-value of 0.039 (<0.05). The age of 20-35 years is the right and productive time for a woman. It can also be assumed that a mother at the age of 20-35 years is more enthusiastic in paying attention to the development and growth of children, especially on nutritional status than mothers aged >35 years. Therefore, mothers aged 20-35 years had a better understanding of stunting after the intervention was given. This research is supported by Apriani (2013) research that there is a greater increase in knowledge in the group of women of productive age compared to women of non-productive age after receiving health education with booklet media.

The results of the analysis of this study also showed that the educational characteristics of the Tolaki Tribe mother influenced the level of understanding about stunting after the intervention was given. Based on the results of the Wilcoxon Signed Ranks Test statistical test, it was found that mothers with elementary education had a p-value of 0.066 (>0.05), mothers with junior high school education had a p-value of 0.00 (<0.05), and mothers with SMA education has a p-value of 0.00 (<0.05). In this study, the elementary school category did not show any influence, while in the junior and senior high school categories there was an influence on the understanding of Tolaki women at the Lalombaku Posyandu.

This is related to the information and knowledge that respondents receive about the information less and will be more easily influenced by the information around them. The higher a person's education, the higher the level of

maturity in thinking which will affect the process of forming one's understanding. Therefore, mothers in the junior and senior high school education categories had a better understanding of stunting after the intervention was given. This research is supported by research results which shows that there is an effect of education level on parents' knowledge about nutrition fulfillment in stunting toddlers because the higher the education of parents, the more parents will try to find out or obtain new information about the needs of their children, especially in meeting the nutritional needs of toddlers [6].

The results of the latest research analysis show that the job characteristics of Tolaki women in the household and private categories affect the level of understanding about stunting after the intervention is given. Based on the results of the Wilcoxon Signed Ranks Test statistical test, it was found that mothers with domestic work jobs had a p-value of 0.000 (>0.05), while mothers with private jobs had a p-value of 0.000 (<0.05). The understanding of IRT is formed from the information obtained apart from non-formal education. This is probably due to more free time to get more information. For example, from print media, electronic media, or the internet. In addition, mothers who do not work or are household heads tend to have good parenting patterns because food intake and development in toddlers are fully regulated by their mothers.

This study is in line with research conducted which states that there is an influence between mother's work and the nutritional status of children under five after receiving health education at the Prima Sejahtera Posyandu, Pandean Village, Ngemplak District, Boyolali Regency. The results also explain that there is a difference in knowledge between mothers who work in the private sector and housewives [7]. Most (80%) mothers who work as housewives (IRT) seem to have better knowledge.

After this research was conducted, it was found that there was an effect of giving booklets on the understanding of Tolaki Tribe mothers regarding stunting based on the characteristics of the respondents which included age, education, and mother's occupation.

Influence of the Level of Understanding of Tribal Mothers *Regarding Stunting* in Pretest and Posttest on Determining Respondent Behavior (Translation, Interpretation, and Exploration)

Translation or translating can be interpreted as a transfer of meaning from one language into another [8]. It can also be from an abstract conception into a symbolic model to make it easier for people to learn it. In determining translation behavior by respondents, the results of this study indicate that there is an increase in translation behavior after giving booklets to respondents. This is supported by the p-value of 0.00 (<0.05) obtained from the statistical test results of the Paired T-test. So it can be concluded that there is an influence of local educational media on the translation of Tolaki Tribe mothers after being given an intervention.

After the translation behavior test is carried out, the interpretation behavior test is carried out. Interpretation is the ability to recognize and understand. Interpreting can be done by connecting past knowledge with the knowledge obtained next, connecting the graph with the actual conditions described, and distinguishing between the main and the non-essential in the discussion. In determining interpretive behavior by respondents, the results of this study indicate that there is an increase in interpretive behavior after giving booklets to respondents. This is supported by a p value of 0.00 (<0.05) obtained from the results of the Paired T statistical test. So it can be concluded that there is an influence of local educational media on the interpretation of Tolaki Tribe mothers after being given an intervention.

The last behavioral test is the exploratory behavior test. Exploration is expanding what is already known. These abilities are calculating, guessing, inferring, predicting, distinguishing, determining, and filling. In determining exploration behavior by respondents, the results of this study indicate that there is an increase in exploration behavior after giving booklets to respondents. This is supported by the p-value of 0.00 (<0.05) obtained from the results of the paired T statistical test. So it can be concluded that there is an influence of local educational media on the exploration of Tolaki Tribe mothers after being given an intervention.

The Influence of Local Educational Media Giving About *Stunting* on the Understanding of Mother Tribe Rejects

Based on the results of the test of translation behavior, interpretive behavior, and exploratory behavior, it can be concluded that there is an effect of giving a booklet on the understanding of Tolaki women about stunting after being given an intervention. This is supported by a p-value of 0.00 (<0.05) obtained from the results of the paired t-test.

Increased understanding of respondents after being given the intervention was supported because of the explanation of material about stunting using booklet educational media from the researcher as a facilitator. So it is

known that education using booklets is very useful for increasing understanding. The booklet was prepared taking into account the needs of the Tolaki Tribe mother to be truly relevant, namely the booklet was written using the Tolaki local language so that the Tolaki Tribe mother was very helpful and easy to apply in understanding the contents of the message.

The content of the information provided does not only include written messages but also interesting pictures and illustrations so that Tolaki women are easier to understand the contents of the message and are helped to recall and study independently whenever and wherever such as when at home. The information in the booklet is written in concise, interesting language, so that it is easy to understand in a short time. Booklets are also designed to attract respondents' attention and are printed on good paper. The shape often looks like a small book so it is easy to carry everywhere.

In line with research that there is a difference in the average knowledge before and after being given education about stunting through booklets and audiovisual media [9]. Then research that there was a difference in knowledge before and after being given the booklet media as indicated by the difference in the average pretest and posttest, a p value = 0.000 was obtained, which means that based on statistical tests there was a difference in knowledge before and after being given the booklet media [10]. So it can be concluded that health education with booklet media has a significant effect on increasing understanding. This is in accordance with health education aims to change knowledge and understanding [11].

From the results of the study, it was also found that before the intervention, some Tolaki women had a wrong understanding of stunting. Respondents thought that stunting was fully influenced by heredity, but after checking the nutritional status of health workers, it turned out that they had a height lower than their age standard or experienced stunting. Not only that, the lack of public awareness to maintain the nutrition obtained during pregnancy has resulted in the absorption of food in the fetus being less than optimal, thus hampering the process of growth and development in the fetus. In addition, the community does not pay attention to the direction of health workers to bring toddlers to the posyandu even though it should still be done to find out whether there are nutritional problems in children or not. In fact, people often only bring children to the posyandu when there is assistance with milk and biscuits for toddlers, so that monitoring activities for children's development and growth, especially on less than optimal nutritional status.

This research is related to mothers' misconceptions about stunting so that researchers conduct health education by providing information through local booklets in terms of stunting prevention. From the results of this study, it was found that the understanding of the Tolaki tribe women had increased after being given an intervention regarding stunting, including understanding the definition of stunting, the causes of stunting, the effects of stunting, how to prevent and deal with stunting. Before being given health education, the Tolaki Tribe mother did not understand these things, but after being given health education the Tolaki Tribe mother was able to understand the material. By being given a booklet, the Tolaki Tribe is very enthusiastic about supporting stunting prevention because the booklet can be stored for a relatively long time and can be studied independently at any time.

Currently at the Lalombaku Posyandu, Watulondo Village, there has never been a special Health media regarding stunting for health education, therefore it is hoped that this booklet media can be used continuously by extension workers at the Lalombaku Posyandu so that all mothers and prospective mothers are exposed to information about health, especially material on stunting prevention.

After this research was conducted, it was found that there was an effect of giving booklets on the understanding of Tolaki women about stunting after being given an intervention using local educational media. For future scientific development, education and interviews related to stunting need to be carried out so that the causes of stunting are more fully known.

Limitations of Research

1. This study did not use the control group as a comparison. Comparisons were only made through time-to-time measurements in one group.
2. In this study, no probing was carried out through in-depth interviews on the respondents' understanding
3. In the results of the study, there was no effect of providing local educational media on the understanding of Tolaki women about stunting on the characteristics of respondents in the education category (SD). This is because the sample for the education category (SD) is very small.

V. CONCLUSION

This study concludes that there is an effect of providing booklet media on increasing the understanding of Tolaki women based on the characteristics of Tolaki women in the age category (20-35 years), education category (junior high school and high school), and occupation category (House Wife and private). There is an influence on the level of understanding of the Tolaki Tribe mother regarding stunting after repeated measurements at the pretest and posttest on the determination of the respondent's behavior (translation, interpretation, and exploration). It is recommended to make booklet educational media in the local language as one of the educational media in the form of individual and group counseling as a support for health promotion programs.

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