

The Influence of Games Using Rolling Ball Media on the Knowledge and Attitudes of Adolescents Regarding Stunting Prevention at SMA Negeri 09 Bengkulu City

Irma Suryama Tampubolon, Rini Patroni^{*}, Ade Febryanti

Department of Health Promotion, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

rini@poltekkesbengkulu.ac.id (Rini Patroni)

^{*}Corresponding author

Abstract

Stunting is a condition of failure to thrive in children under five years old due to chronic malnutrition and recurrent infections, especially in the first 1000 days of life. A total of 81 toddlers in the city of Bengkulu experienced stunting with a prevalence of 3.4% and the second most frequently found in the Beringin Raya Community Health Center were 17 stunted toddlers with a prevalence of 1.9%. The aim of this research is to determine the effect of games using the Rolling Ball game media on teenagers' knowledge and attitudes about stunting prevention at SMA Negeri 09 Bengkulu City. This type of research is pre-experimental with a one group pretest-posttest design. The sample in this research was 33 students of SMA Negeri 09 Bengkulu City using a simple random sampling technique with sampling using the lameshow formula. Data analysis in the study used the Wilcoxon signed rank test. The research results showed that the average knowledge was 5.13 before and after 8.88, while the average attitude was 22.87 before and after 36.78. The results of the Wilcoxon signed rank test obtained p value = $0.000 < 0.005$, which shows that there is an influence of gaming media. Rolling Ball on teenagers' knowledge and attitudes about stunting prevention at SMA Negeri 09 Bengkulu City. It is hoped that this research can be used as an alternative health intervention option for health promoters in conveying information about stunting prevention, so that it can prevent stunting.

Keywords

Attitude, Knowledge, Rolling Ball, Stunting