

**PENGARUH KONSELING INTENSIF DENGAN MEDIA LEMBAR BALIK
TERHADAP PERUBAHAN PENGETAHUAN DAN SIKAP PADA IBU BALITA GIZI
KURANG DI PUSKESMAS RAMPAL CELAKET KOTA MALANG**

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: <i>Intensive Counseling, Flipchart Media, Mothers' Knowledge, Mothers' Attitudes, Malnourished Toddler</i></p>	<p>Gizi kurang pada balita masih menjadi permasalahan kesehatan masyarakat yang berdampak terhadap tumbuh kembang anak dan kualitas sumber daya manusia di masa mendatang. Salah satu faktor yang berperan penting dalam terjadinya gizi kurang adalah rendahnya pengetahuan dan sikap ibu dalam pemenuhan kebutuhan gizi balita. Upaya edukasi yang efektif melalui pendekatan konseling intensif dengan media yang tepat diperlukan untuk meningkatkan pemahaman dan sikap ibu dalam penanganan gizi kurang. Penelitian ini bertujuan untuk menganalisis pengaruh konseling intensif dengan media lembar balik terhadap perubahan pengetahuan dan sikap ibu balita gizi kurang di Puskesmas Rampal Celaket Kota Malang. Metode dalam penelitian ini menggunakan desain pre-experimental one-group pre-test post test dengan total sampel 22 ibu balita gizi kurang. Intervensi dilakukan melalui konseling intensif sebanyak tiga kali pertemuan dengan media lembar balik sebagai alat edukasi visual-verbal. Data dikumpulkan menggunakan kuesioner yang telah diuji validitas dan reliabilitas sebelum dan sesudah intervensi. Hasil penelitian menunjukkan peningkatan signifikan pengetahuan ibu dari rata-rata 27,363 menjadi 25,181 ($p < 0,001$, Cohen's $d = 136,7142$) dan sikap ibu dari rata-rata 22,727 menjadi 24,545 ($p < 0,001$, Cohen's $d = 61,36096$). Analisis data menggunakan Paired Sample T-Test untuk menguji perbedaan signifikan skor pengetahuan dan sikap serta menghitung nilai efektivitas (Cohen's d). Kesimpulannya, konseling intensif dengan media lembar balik efektif meningkatkan pengetahuan dan sikap ibu balita gizi kurang. Rekomendasi diberikan untuk mengintegrasikan media lembar balik dalam program edukasi gizi di posyandu agar mendukung upaya pencegahan gizi kurang secara berkelanjutan.</p>
	<p>ABSTRACT</p> <p><i>Malnutrition in toddlers remains a public health issue that affects child growth and development and the quality of human resources in the future. One of the factors that plays an important role in malnutrition is the low level of knowledge and attitude of mothers in meeting the nutritional needs of toddlers. Effective education efforts through an intensive counseling approach with the appropriate media are needed to improve mothers' understanding and attitude in dealing with malnutrition. This study aims to analyze the effect of intensive counseling using flip charts on changes in the knowledge and attitudes of mothers of malnourished toddlers at the Rampal Celaket Community Health Center in Malang City. The research method used a pre experimental one-group pre-test post-test design with a total sample of 22 mothers of malnourished toddlers. The intervention</i></p>

was carried out through intensive counseling in three meetings using flip charts as visual-verbal educational tools. Data were collected using questionnaires that had been tested for validity and reliability before and after the intervention. The results showed a significant increase in mothers' knowledge from an average of 27.363 to 25.181 ($p < 0.001$, Cohen's $d = 136.7142$) and mothers' attitudes from an average of 22.727 to 24.545 ($p < 0.001$, Cohen's $d = 61.36096$). Data analysis used the Paired Sample T-Test to test for significant differences in knowledge and attitude scores and to calculate the effectiveness value (Cohen's d). In conclusion, intensive counseling using flip charts was effective in improving the knowledge and attitudes of mothers of malnourished toddlers. Recommendations were made to integrate flip charts into nutrition education programs at integrated health service posts to support sustainable malnutrition prevention efforts.

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