

EFEKTIVITAS EDUKASI GIZI BERBASIS M-HEALTH TERHADAP PENGETAHUAN, PRAKTIK GIZI, DAN STATUS GIZI IBU DAN ANAK DALAM PENCEGAHAN STUNTING: A SYSTEMATIC LITERATURE REVIEW

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: m-health edukasi gizi praktik gizi status gizi stunting	Stunting masih menjadi masalah gizi prioritas di Indonesia dengan prevalensi 21,6% pada tahun 2022, sehingga penguatan pengetahuan dan praktik gizi ibu sejak masa kehamilan hingga periode pemberian makanan pendamping ASI menjadi krusial untuk mendukung pertumbuhan optimal anak pada 1.000 hari pertama kehidupan. Pemanfaatan mobile health (m-health) menjadi alternatif edukasi gizi yang mudah diakses, fleksibel, dan berkelanjutan bagi ibu dengan keterbatasan waktu dan akses layanan kesehatan konvensional. Penelitian ini bertujuan menganalisis efektivitas edukasi gizi berbasis m-health terhadap pengetahuan, praktik gizi, dan status gizi ibu dan anak dalam pencegahan stunting. Systematic literature review dilakukan melalui penelusuran basis data PubMed, ScienceDirect, dan Google Scholar, dengan mengidentifikasi 2.411 artikel awal yang terdiri atas 52 artikel dari PubMed, 829 dari ScienceDirect, dan 1.530 dari Google Scholar. Artikel disaring berdasarkan kesesuaian topik, populasi, jenis intervensi, desain penelitian, dan outcome yang diukur; 22 artikel dinilai melalui telaah full-text, dan 10 studi memenuhi kriteria untuk disintesis secara naratif. Hasil review menunjukkan bahwa edukasi gizi berbasis m-health, baik melalui aplikasi seluler interaktif, pesan WhatsApp, video edukasi, maupun platform media sosial, secara konsisten cenderung meningkatkan pengetahuan, sikap, praktik gizi, dan perilaku kesehatan ibu. Intervensi berbasis aplikasi untuk edukasi makanan pendamping ASI turut menunjukkan perbaikan indikator weight-for-height, penurunan wasting, peningkatan keragaman makanan, serta ketepatan waktu pemberian MP-ASI pada anak. Namun demikian, dampak terhadap status gizi menunjukkan variasi antarstudi, dan bukti mengenai penurunan prevalensi stunting secara langsung masih terbatas, terutama akibat variasi desain penelitian, durasi intervensi yang relatif singkat, ukuran sampel kecil, serta risiko bias metodologis pada sebagian besar studi. m-Health berpotensi menjadi strategi inovatif dalam edukasi gizi ibu dan anak untuk mendukung pencegahan stunting, terutama melalui peningkatan pengetahuan dan praktik gizi. Intervensi digital yang berkelanjutan dan terintegrasi dengan pendampingan berbasis komunitas diperlukan untuk memperkuat dampaknya terhadap status gizi dan penurunan prevalensi stunting secara nyata di tingkat populasi. ABSTRACT <i>Stunting remained a priority nutrition problem in Indonesia, with a prevalence of 21.6% in 2022, underscoring the importance of strengthening maternal nutrition knowledge and practices from</i>

pregnancy through complementary feeding to support optimal child growth during the first 1,000 days of life. Mobile health (m-health) offered an accessible, flexible, and sustainable alternative for nutrition education, particularly for mothers with limited time and access to conventional health services. This study aimed to analyze the effectiveness of m-health-based nutrition education on knowledge, nutrition practices, and nutritional status of mothers and children in stunting prevention. A systematic literature review was conducted through PubMed, ScienceDirect, and Google Scholar, identifying 2,411 initial articles consisting of 52 from PubMed, 829 from ScienceDirect, and 1,530 from Google Scholar. Articles were screened based on relevance to topic, population, intervention type, study design, and measured outcomes; 22 articles were assessed through full-text review, and 10 studies met the criteria for narrative synthesis. The review found that m-health-based nutrition education, delivered through interactive mobile applications, WhatsApp messages, educational videos, or social media platforms, consistently tended to improve maternal knowledge, attitudes, nutrition practices, and health behaviors. Application-based interventions for complementary feeding education also showed improvements in weight-for-height indicators, reduced wasting, increased dietary diversity, and more timely initiation of complementary feeding among children. However, effects on nutritional status varied across studies, and evidence of direct stunting reduction remained limited, mainly due to variation in study design, relatively short intervention duration, small sample sizes, and methodological risk of bias in most studies. m-Health showed potential as an innovative strategy for maternal and child nutrition education to support stunting prevention, particularly through improved knowledge and nutrition practices. Sustained digital interventions integrated with community-based support were needed to strengthen their impact on nutritional status and achieve a measurable reduction in stunting prevalence at the population level.

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