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# The Effect of Audiovisual Materials on Nutrition Knowledge Among Mothers of Undernourished Toddlers at the Larangan 2026

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***ABSTRACT***

*Nutritional problems such as stunting remain one of the leading causes of high infant and child mortality rates in many developing countries, including Indonesia. According to data from the 2022 Indonesian Nutrition Status Survey (SSGI), the national prevalence of stunting among toddlers reached 21.6%. Meanwhile, in West Java province, the prevalence was recorded at 20.2%, and in the city of Cirebon, it stood at 17%. However, local data from the Larangan Community Health Center (UPT Puskesmas Larangan) indicate that there were 301 toddlers suffering from stunting in its service area in 2025. This study aims to analyze the effect of health education using audio-visual media on mothers' knowledge levels regarding the provision of nutritious food for stunted toddlers in the service area of the Larangan Community Health Center (UPT Puskesmas Larangan), Cirebon City. Research Method: A quasi-experimental method with a one-group pretest-posttest design was used. From a total population of 301 stunted children, a sample of 42 mother respondents was selected using stratified random sampling. Data collection was conducted via questionnaires administered before and after the intervention, and the data were analyzed using the Wilcoxon test. Research Results: The results showed a significant increase in mothers' knowledge. The respondents' average score before the audiovisual media intervention was 57.3, which then increased to 69.8 after the intervention, with a p-value of 0.000 ($p < 0.05$). Conclusions and Recommendations : The use of audiovisual media has been shown to have a positive impact on improving mothers' knowledge. Therefore, it is recommended that educational media, such as videos on balanced nutrition, be used regularly for pregnant women and mothers of toddlers as a strategic effort to reduce stunting rates.*

***Keywords :*** *Health Education; Nutritious Food ; Knowledge.*

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## INTRODUCTION

Stunting is a disorder of child growth and development caused by severe malnutrition, resulting in children being short or very short. Children with stunting do not appear thin; in fact, they may appear overweight or have a normal body weight, but they are simply shorter than the average height for children of their age (1). Nutritional issues such as stunting are one of the causes of high infant and child mortality rates indeveloping countries, including Indonesia (2). According to the results of the 2022 Indonesian Nutrition Status Survey, the prevalence of stunting among toddlers decreased by 2.8% from the previous year, standing at 21.6%.

Furthermore, according to the results of the 2023 Indonesian Health Survey (SKI) (3), the prevalence of stunting among toddlers was 15.6%. In West Java, according to the results of the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting among toddlers was 20.2%. According to the 2023 Indonesian Health Survey, the prevalence of toddlers with stunting in West Java is 16.6%. According to the 2022 SSGI results, toddlers with stunting in Cirebon City have a prevalence of 17%.

Nutritional status issues in toddlers are caused by two factors: direct factors and indirect factors. Direct factors affecting nutritional problems in infants include nutrient intake or dietary intake and infectious diseases associated with high prevalence and incidence of infections, particularly diarrhea, acute respiratory infections (ARI), tuberculosis (TB), malaria, and dengue fever. This infection can interfere with nutrient absorption, there by contributing to malnutrition in toddlers and inadequate food intake. Factors that have an indirect influence include parental income, household food availability, maternal and child care in health services, dietary patterns, exclusive breastfeeding, health services, parental employment, and knowledge (4).

Nutritional knowledge refers to a mother's understanding of nutrition, which has a significant impact on the growth and development of infants and toddlers. A mother's lack of knowledge about malnutrition and the failure to apply nutritional knowledge in daily life lead to nutritional problems, particularly among infants and toddlers. The level of a mother's nutritional knowledge determines how she provides food to her child according to their needs. Malnutrition in children occurs not only due to limited family income but also due to a mother's lack of knowledge about child nutrition. A high level of a mother's nutritional knowledge can help identify various issues, such as selecting and providing a diverse range of foods (5).

These nutritional problems can be addressed and prevented if mothers have sufficient knowledge about feeding methods, food types, and nutritional principles, which can initiate improvements in nutritional status. One intervention that can be implemented to enhance mothers' knowledge about nutritious foods for toddlers is through the use of appropriate health education media. According to Edgar Dale's cone of learning theory,learning outcomes are acquired through direct experience, through realities in one's living environment, then through models, up to verbal symbols (abstract concepts). The higher one moves up the cone, the more abstract the medium of message delivery becomes. Direct experience provides information and ideas contained in that experience because it involves the senses of sight, hearing, taste, smell, and touch (6,7).

One of the health education media used to improve mothers' knowledge of balanced nutrition is audiovisual media. Audiovisual media aims to encourage people to receive information easily and provide them with new, accessible information to enhance their knowledge due to the ease of access to audiovisual materials.

In the use of audiovisual media in health education to improve the knowledge of mothers with toddlers various media are employed, such as videos, films, and animated videos that contain material on nutrition for toddlers (7). Based on the results of a study

conducted by El Has et al., 2023 (8), there was an increase in knowledge before and after the provision of education on caring for stunted toddlers through audiovisual media.

Another study conducted by Anggraeny, et al. (2024) (9) showed that the level of knowledge among respondents before and after receiving the intervention had changed. The p-value is 0.001, indicating that the use of audiovisual media has an impact on mothers' understanding of nutrition for infants and toddlers. Results from another study conducted by Rahmawati et al. (2023)(10) showed an increase in knowledge from the pretest to the posttest 3, specifically from 17.53 to 21.14, with an average increase of 3.61. The calculated t-value for all paired samples was above the critical t-value (2.1448) with $p < 0.05$; therefore, the use of A study conducted by Astriani, et al. (2023) (11) showed that the test results indicated a value of $p = 0.001 < 0.05$ with a z-value of 3.213, it was concluded that the use of audiovisual media has an effect on increasing knowledge of balanced nutrition for toddlers.

The Larangan Community Health Center (UPT Puskesmas) is one of the community health centers located in Harjamukti Subdistrict, Larangan Village, Cirebon City. According to data from the Larangan Community Health Center (UPT Puskesmas), the prevalence of stunting among toddlers in the service area of the Larangan Community Health Center (UPT Puskesmas) was 301 toddlers in 2025. Therefore, the Larangan Community Health Center was selected as the research site because, compared to the prevalence of stunting in Cirebon City, the Larangan Community Health Center ranks first with the highest number of stunting cases in Cirebon City.

Based on the results of a preliminary study conducted by the researcher at one of the posyandu (community health posts) within the service area of the Larangan Community Health Center (UPT Puskesmas), it was found that 46.7% of 15 mothers of toddlers had insufficient knowledge about nutritious foods for toddlers, while 26.7% of the 15 mothers had adequate knowledge. This study aims to analyze the effect of health education using

audio-visual media on mothers' knowledge levels regarding the provision of nutritious food for stunted toddlers in the service area of the Larangan Community Health Center (UPT Puskesmas Larangan), Cirebon City.

## METHODS

The research design used in this study is a pre-experimental design study with a one-group pretest-posttest design. The population used in this study consists of 301 toddlers with stunting. The sample consisted of 42 mothers of toddlers with stunting, selected using the purposive sampling technique. The inclusion criteria for this study are mothers with toddlers aged 12–59 months, mothers with stunted toddlers, mothers with a high school education as their highest level of education, mothers aged 28–30 years, and mothers willing to serve as research respondents. Meanwhile, the exclusion criteria in this study were mothers who were unwilling to participate as respondents, mothers with infants aged 0–11 months, mothers whose highest level of education was other than high school, and mothers aged under 28 years or over 30 years.

This study was conducted at Baperkam RW 03, Larangan Village. The health education intervention using audiovisual media was carried out over 2 days, with the audiovisual media consisting of educational videos on nutritious food shown twice. Data were collected through the completion of pre-test, post-test 1, and post-test 2 questionnaires, which served as the research instruments. The data analysis method used in this study was the Wilcoxon test with a 5% confidence level.

## RESULTS

This study produced data covering the average knowledge scores of respondents before and after receiving a health education intervention using audiovisual materials on

nutritious foods to determine whether audiovisual media had an effect on the knowledge of mothers of stunted toddlers regarding nutritious foods.

**Average Knowledge Scores of Mothers of Stunted Toddlers Before Receiving Health Education**

Using Audiovisual Media on Nutritious Food for Toddlers at the UPT Larangan Community Health Center in 2026

**Table 1. Average Knowledge Scores of Mothers Before the Intervention on Nutritious Food**

| Mothers' Knowledge | N | Min | Max | Mean | Median | Std. Deviation |
|---|---|---|---|---|---|---|
| **Pre-test** | 42 | 24 | 84 | 57.3 | 58 | 12.6 |

*Source : Primary Data, 2026*

Based on the table above, it is evident that the mean score for mothers' knowledge prior to the intervention was 57.3, with a standard deviation of 12.6.

**Average Knowledge Scores of Mothers of Stunted Toddlers After Receiving Health Education Using Audiovisual Media on Nutritious Food for Toddlers at the Larangan Community Health Center in 2026**

**Table 2. Average Knowledge Scores of Mothers After the Intervention on Nutritious Food**

| Mothers' Knowledge | N | Min | Max | Mean | Median | Std. Deviation |
|---|---|---|---|---|---|---|
| **Pre-test** | 42 | 36 | 88 | 69.8 | 72 | 10.9 |

*Source : Primary Data, 2026*

Based on the table above,it is evident that the mean score for mothers' knowledge after the intervention was 69.8, with a standard deviation of 10.9.

**The Effect of Audiovisual Media on Knowledge of Nutritious Foods Among Mothers of Stunted Toddlers in the Service Area of the Larangan Community Health Center, Cirebon City**

**Table 3. Results of the Wilcoxon Test on the Effect of Audiovisual Media on Knowledge of Nutritious Foods Among Mothers of Stunted Toddlers in the Service Area of the Larangan Community Health Center, Cirebon City**

| Knowledge Level | N | Mean | Mean Difference | P-value |
|---|---|---|---|---|
| ***Pre-Test*** | 42 | 57.3 | -12.5 | 0.000 |
| ***Post-Test 1*** | | 69.8 | | |

## DISCUSSION

### Overview of Toddler Mothers' Knowledge of Stunting and Nutritious Food for Toddlers Before Receiving Health Education Using Audiovisual Media

Based on the research findings, it was found that the average score before the intervention—which consisted of health education using audiovisual media—was 57.3. Based on the knowledge score intervals according to Abubakar (2021) (12), this score falls into the "adequate" category. This average score indicates that many mothers still do not fully understand the importance of nutritious food in supporting the growth and development of infants, particularly those experiencing stunting. This low level of knowledge may be caused by various factors such as the mothers' educational level, lack of access to health information, and limited health education activities conducted in the areas where the mothers reside. Knowledge is an important domain that influences a person's attitudes and actions, including in the provision of nutritious food for children. According to Falah (2021) (13), knowledge is the result of understanding, and this occurs after a person perceives a specific object. The mothers of toddlers in this study were mostly in the

age range of 28–30 years, with a high school education as their highest level of education, and most worked as homemakers (HM). This age group falls within the productive age range, during which, psychosocially, mothers 69.8 with a mean difference of -12.5 indicates an increase in knowledge. The p-value = 0.000 (< 0.05) indicates a significant increase. Thus, health education using audiovisual media gradually and significantly increases the knowledge of mothers of toddlers regarding nutritious food at each stage.

Are at a stage where they are ready to receive information and apply it in their daily lives. However, due to low levels of education and a lack of involvement in the workforce, respondents are likely to have limited access to and seek out health information, particularly regarding the nutrition of stunted toddlers. According to Albert Bandura's Social Learning Theory, an individual can learn from their surroundings through observation, imitation, and modeling. However, if the mothers' environment only provides limited or even incorrect information (misguided traditional practices), then the knowledge they possess will be formed in an inaccurate manner (14).

This study is also consistent with the findings of Rahmawati (2021) in the X Health Center area, which showed that the average nutritional knowledge score of mothers of stunted toddlers before receiving nutrition education was 55.6, and the majority of mothers had a high school education as their highest level of schooling. That study concluded that low educational levels and a lack of educational interventions are the main factors contributing to mothers' low nutritional knowledge. This underscores the importance of an innovative educational approach that engages emotionally and visually. Another study conducted by Puspitasari & Herdyana (2021) (15) also showed that the majority of mothers have insufficient knowledge about stunting, especially among mothers withlower secondary education or below whowork as homemakers. This mother's lack of knowledge certainly poses a risk of leading to 7 inappropriate food choices for toddlers, there by worsening the stunting they are experiencing. Toddlers with inadequate nutritional intake—both in terms

of quality and quantity—are more vulnerable to growth disorders, immune system disorders, and suboptimal cognitive development.

This mother's lack of knowledge certainly poses a risk of causing inappropriate food choices for toddlers, thereby worsening their stunting. Toddlers with inadequate nutritional intake—both in terms of quality and quantity—are more vulnerable to growth disorders, immune system disorders, and suboptimal cognitive development.

**Overview of Toddler Mothers' Knowledge of Stunting and Nutritious Foods for Toddlers Following Health Education Using Audiovisual Media**

Based on the research findings, it was found that the average knowledge score of mothers of stunted toddlers after the health education intervention using audiovisual materials was 69.8. This indicates an increase in the average knowledge score of mothers of stunted toddlers before and after the intervention, although when viewed from the score intervals according to Abubakar (2021) (12), both scores still fall within the "sufficient" category. According to Budiman & Riyanto (2013)(16), this level of knowledge can be influenced by age and education.

Based on the research findings,it was found that of the 42 respondents, nearly half were 30 years old, namely 23 respondents (54.8%), 12 respondents (28.6%) were 28 years old, and 7 respondents (16.7%) were 29 years old. According to theory, age is the length of a person's life in years, calculated from the time of birth, and age influences knowledge. The older a person is, the more knowledge and wisdom they possess, and we become increasingly capable of making decisions, wiser, more able to think rationally, control our emotions, and be tolerant of others' opinions (17).

As one matures, one's level of maturity and strength will improve, leading to more mature thinking and work. Thus, through prior knowledge and personal experience, the

experiences of others, the environment, and other intrinsic factors can shape a person's knowledge over a long period of time and will persist into old age (18).

A factor influencing the level of knowledge is education. Based on the research findings, it was found that all mothers who were respondents in the study had completed high school, totaling 42 respondents (100%). Education is the process by which an individual develops abilities, attitudes, and forms of human behavior within the society in which they live—a social process—enabling them to acquire or experience the development of social skills, and optimal individual capabilities (19). Education can influence an individual, including their behavior regarding lifestyle patterns, in motivating them to be ready to participate in health-related changes. The lower a person's level of education, the less likely they are to utilize health services; conversely, the higher a person's level of education, the easier it is for them to receive information and utilize available health services (20).

Another factor influencing knowledge levels is employment. In this study, employment refers to the routine activities mothers engage in to earn an income. Based on the research findings, it was determined that all mothers who served as respondents were housewives, totaling 42 (100%) respondents. Occupation plays a significant role in a person's ability to provide nutritious food to toddlers. Through work and daily routines, a person interacts with others and is exposed to information. Mothers who do not work receive less information because they have limited interaction with others (18).

**The Effect of Health Education Using Audiovisual Media on Nutritious Food on the Knowledge of Mothers of Stunted Toddlers**

Based on the results of the Wilcoxon test, it can be seen that there is a significant difference in the level of knowledge among mothers of toddlers regarding nutritious foods before and after receiving health education using audiovisual media. All three yielded a p-

value of 0.000, indicating that the increase in knowledge from the first intervention to the second was significant. Thus, health education using audiovisual media can gradually and significantly improve toddler mothers' knowledge of nutritious foods at each stage. Another study conducted by Julita et al. (2023) (14) found an increase in mothers' knowledge regarding stunting prevention, where the percentage of mothers with good knowledge before the use of audiovisual media was 20%, and after the use of audiovisual media it was 63.3%, indicating that audiovisual media has an effect on mothers' knowledge. This study aligns with the research by Azarta & Dwibarto (2024) (21), based on the results of the study: before the audio-visual media intervention, 45.9% of mothers had good knowledge, and after the intervention, 97.6% of mothers had good knowledge, with the Wilcoxon test p-value = 0.000 ($p<0.05$), it can be concluded that there is an effect of audiovisual media on the improvement of mothers' knowledge regarding stunting. Research conducted by Aulia et al. (2022) (22). The results also showed that 10 respondents had good knowledge before receiving the audiovisual media intervention and 22 respondents had good knowledge after receiving the audiovisual media intervention, with a Wilcoxon test p-value of 0.000 ($p<0.05$), indicating that the audiovisual media intervention had an effect on the mothers' knowledge. Another study in line with this is the research conducted by Taqwin et al. (2023) (23)among pregnant women in the service area of the Wani Health Center, Central Sulawesi, an increase in the average score was observed from the pre-test to post-test 1 and post-test 2. In the pre-test, the average score was 57.3 and increased in post-test 1 to 69.8, and a p-value of 0.000. Therefore, it can be concluded that there is an effect of audiovisual media on pregnant women's knowledge regarding stunting prevention.

Based on Social Learning Theory (Social Learning Theory) proposed by Albert Bandura, this is also relevant to the results of this study. This theory explains that individuals can learn through observation of behavioral models, either directly or through media (14). When mothers watch educational videos containing real-life examples such as serving food

to toddlers, selecting nutritious foods, and methods to prevent stunting, they will more easily understand and emulate these behaviors in their daily lives. This theory aligns with Edgar Dale's Cone of Experience theory, which states that media engaging more senses (such as audiovisual media) will enhance understanding and information retention information by 30%. Because audiovisual media combines elements of sound and moving images, it theoretically has higher effectiveness compared to print media or purely verbal methods in increasing mothers' knowledge about toddler nutrition (20). During the program, the researchers observed that most of the mothers appeared enthusiastic, focused, and showed a high level of interest in the material presented. The educational video used was approximately 10 minutes long, containing information on the importance of balanced nutrition, examples of nutritious foods, proper serving methods, and the effects of malnutrition on toddlers. This medium was chosen because it has the advantage of conveying messages in a way that is engaging, easy to understand, and can improves memory retention compared to conventional lecture methods.

Based on the results of this study, the mean score for mothers' knowledge before the intervention was 57.3, and the mean score after the intervention was 69.8. Through health education using audiovisual media, the community can utilize all their senses to remember, recognize, and recall what they have heard or seen, there by making it easier for mothers to understand the messages that have been conveyed.

## CONCLUSIONS AND RECOMMENDATIONS

TBased on the results of the research and discussion regarding the Effect of Audiovisual Media on Knowledgeof Nutritious Food Among Mothers of Stunted Toddlers in the Service Area of the UPT Puskesmas in the Larangan District of Cirebon City in 2026 as presented in the previous chapter, it can be concluded that the average score, prior to the health education intervention using audiovisual media, was 57.3; following the

intervention, there was an increase in the average score to 68.9. This indicates that health education using audiovisual media has an impact on mothers' knowledge of nutritious food for infantsin the service area of the UPT Larangan Community Health Center in Cirebon City with a Wilcoxon test p-value of 0.000 for all three (p-value < 0.005). Based on the above conclusions, the author recommends that the community health center (UPT Puskesmas) Larangan optimize the use of audiovisual media during the implementation of toddler mother classes or pregnant mother classes related to nutrition in toddlers and also related to the prevention of stunting, as audiovisual media plays a role in increasing the knowledge of mothers of stunted toddlers, and that the Larangan Health Center can continue to monitor the level of knowledge among mothers after they have been provided with information and health education regarding balanced nutrition for stunted toddlers in order to reduce the incidence of stunting inthe service area of the Larangan Community Health Center in Cirebon City.

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