

**IMPACT OF HEALTH EDUCATION USING AUDIOVISUAL MEDIA AND LEAFLET
TO INCREASE IN KNOWLEDGE ABOUT BREASTFEEDING MANAGEMENT
AT INTEGRATED SERVICE POST (POSYANDU) OF
GONDOKUSUMAN I HEALTH CENTER YOGYAKARTA MUNICIPALITY**

Susanti Lesmana, Wenny Artanty Nisman

School of Nursing, Faculty of Medicine, Gadjah Mada University

ABSTRACT

Background: Breastfeeding management is a factor that affects the achievement of exclusive breastfeeding coverage. Limited knowledge of mothers about breastfeeding management results in low coverage of exclusive breastfeeding. Health education using audiovisual media and leaflet is a method to increase knowledge of mothers about breastfeeding management.

Objective: To identify impact of health education using audiovisual media and leaflet to increase in knowledge about breastfeeding management.

Method: The study was a pre experiment that used one group design with pre test and post test without control group. Samples of the study consisted of 37 nursing mothers at Baciro integrated service post (Posyandu) in the working area of Gondokusuman I Health Center Yogyakarta Municipality. The study was undertaken in 6th February 2011. Data were obtained from questionnaire on knowledge and analyzed using Wilcoxon test.

Result: The result of the study showed there was significant difference between average score of pre test and post test on knowledge with score of mean pre test 68.17, mean post test 84.83 and $p=0.000$ ($p<0.05$) which meant that there was increase in knowledge between before and after intervention on health education using audiovisual media and leaflet.

Conclusion: There was impact of health education using audiovisual media and leaflet to increase in knowledge of nursing mothers about breastfeeding management.

Keywords: health education, audiovisual media, leaflet, breastfeeding management