

The Effectiveness of Providing Health Education on Mother's Knowledge and Interests About Integrated healthcare center Toddlers In Parakan Village, Trenggalek District, Trenggalek Regency

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ABSTRACT

Background: The function of the toddler integrated healthcare center is important in monitoring the growth and development of children, but there are still many mothers of toddlers who do not regularly visit the integrated healthcare center. This can be influenced by various factors, including the low level of knowledge and interest of mothers in integrated healthcare center. **Method:** The design of this study was pre-experimental with a one-group pre-post test approach. The population of all mothers of toddlers aged 3-5 years in Parakan Village amounted to 132 people, with a probability sampling technique obtained a sample of 33 respondents. The independent variable of health education with the dependent variable of knowledge and interest, the results were analyzed by the Wilcoxon signed rank test at $\alpha = 0.05$. **Results:** The results showed that most of the respondents prior to receiving health education had sufficient knowledge category, namely 20 respondents (60.6%) and had moderate interest category, namely 18 respondents (54.5%). After health education, it was known that almost all respondents had good knowledge, namely 27 respondents (81.8%) and most of them had high interest categories, namely 21 respondents (63.6%). **Conclusion:** The provision of information stimulus can increase knowledge and trigger interest in making regular visits so that it is hoped that there will be ongoing health education activities to maintain maternal visits to integrated healthcare center.

I. Introduction

Integrated healthcare center has an important role in helping to provide basic strengthening of both maternal and child health as a form of human resource development requiring quality changes for the better (Ma'ruf, 2012). The regularity of mothers in visiting the Integrated healthcare center and weighing their toddlers to the Integrated healthcare center will be very useful as monitoring the growth and development of toddlers (Kemenkes, 2012). Along with the times, there is often a situation where mothers do not regularly visit Integrated healthcare center. This will cause difficulties in monitoring growth and development, it is necessary for health workers, especially midwives to continue to provide socialization to mothers of toddlers in increasing maternal visits to Integrated healthcare center.

Various internal and external factors are the cause of the low number of mothers under five visiting the integrated healthcare center. The low level of education, knowledge and social factors are the main factors for the low number of Integrated Healthcare Center visits.

Behind the factors mentioned above, there are other factors, namely distance barriers, lack of time due to busyness, preferring to take their children to a practical doctor because the time does not conflict with the busyness of the mother or baby's parents, the mother's ignorance of the Integrated healthcare center schedule every month (Andryana, 2015).

The program for monitoring the growth and development of children under five was initiated by WHO under the name Growth Monitoring and Promotion (GMP) since 1990 which was subsequently adapted by various countries, where in Indonesia it is known as Integrated healthcare center. According to WHO in Sulley (2019), the number of children under five in the growth monitoring program has only reached (63.8%). The results of the 2018 Indonesian health report, the coverage of weighing children under five from 2010 to 2018 in Indonesia tends to increase. The coverage of children under five was weighed in 2018 in Indonesia at 80.8%. From 2010 to 2018, the coverage of weighing children under five has reached the 2010-2015 Strategic Plan target. Data from the East Java Provincial Health Office in 2018, weighing children under five was recorded at 72.36%. This achievement is slightly lower than the 2017 achievement of 74.72%.

Trenggalek Regency in 2019 had a coverage of weighing under five, recorded at 71.72%, lower than 2018 where the achievement decreased by 2.36%. This situation must be a concern for nutrition managers because the national target is set at 85% (Kemenkes RI, 2019). The coverage of weighing visits for toddlers at the Integrated healthcare center in Parakan Village in November 2019 was 60.2%, then decreased in December to 57.9% and decreased again in January 2020 to 56.1%. Based on the percentage of coverage in the last 3 months, it shows that the coverage of weighing children under five in Parakan Village is still below the target of 85%. Data in Parakan Village is known that there are 6 children under the Red Line (BGM) status and 2 stunting toddlers.

The results of a preliminary study conducted through interviews with 10 mothers of toddlers aged 3-5 years obtained information that 6 out of 10 mothers were less interested in coming to the Integrated healthcare center because they felt that their children already had an appropriate weight and preferred to do activities at home such as washing and cleaning the house. rather than going to Integrated healthcare center and will be present if there is immunization. Meanwhile, the information from the other 4 mothers felt that it was very important to always come during the Integrated healthcare center implementation because sometimes they also received important information about the health of toddlers and family health. The four mothers who felt it was important to attend the Integrated healthcare center regularly were due to their educational background where 2 had higher education and 2 had high school education, besides that they were also active on social media so it was easy to get information about the health of their toddlers. Regarding counseling activities, according to the mother of toddlers, there has never been any outreach activities on the nutritional status of toddlers, there are only appeals and advice that are sometimes delivered by midwives and integrated healthcare center cadres.

Integrated healthcare center activities are carried out by and for the community, Integrated healthcare center as a forum for community participation, which organizes activities including family planning, maternal and child health, immunization, diarrhea prevention and community nutrition education. The regularity of mothers in visiting the Integrated healthcare center and weighing their toddlers to the Integrated healthcare center will be very useful as monitoring the growth and development of toddlers (Andryana, 2015). Problems faced by urban Integrated healthcare center are more frequent with a small number of visits. There are several factors that cause the number of visits to be unstable, among others, mothers feel that the actions of health care providers have so far supported the participation of mothers in weighing their toddlers, which is indicated by attention and care so that it creates mother's trust in integrated healthcare center activities, the presence of mothers who have babies and toddlers in Monthly weighing at Integrated healthcare center is free of charge. In addition, mothers also consider that the monthly Integrated healthcare center weighing is useful for knowing the health development of their children, and mothers feel that integrated healthcare center is more practical and affordable than health facilities, but most of the mothers state that they do not know what and how the

services are provided at the integrated healthcare center so that in fact the community participation rate in monthly integrated healthcare center activities still cannot reach a stable number.

One of the weaknesses in Integrated healthcare center is the lack of socialization about Integrated healthcare center, both the purpose, benefits, schedule of activities, types of activities and socialization of the results of Integrated healthcare center implementation so that mothers do not have good knowledge of Integrated healthcare center. Lack of knowledge about integrated healthcare center will trigger the low interest of mothers so that it will also have an impact on the low behavior of visiting integrated healthcare center regularly. Information is an inseparable part of the community. Health education regarding integrated healthcare center is very important to meet the diverse needs of the community. The public is expected to know all the information that is developing about integrated healthcare center. The selection of the right media can determine the message conveyed can be well received by the public. Thus, the message conveyed has a good effect and is in line with expectations, namely increasing the use of Integrated healthcare center (Sukmawati, 2011).

Apart from going through the health education process, other support efforts from community leaders, especially regional leaders such as hamlet heads, RW or RT heads are also needed to be able to give notifications to residents who have children under five to attend the integrated healthcare center implementation on a predetermined date. Cadres also have an important role in encouraging community members in their area to attend the integrated healthcare center, especially for targets who are not active in the implementation of integrated healthcare center through home visits so that the obstacles they face and solutions can be found (Andryana, 2015).

The purpose of this study was to determine the effectiveness of providing health education to mothers' knowledge and interests about Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency.

II. METHODS

The design of this research is pre-experimental with a one-group pre-post test design approach, namely research that aims to reveal causal relationships by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention. The population in this study were all mothers of toddlers aged 3-5 years in Parakan Village, Trenggalek District, Trenggalek Regency with a total of 132 people, with a proportioned random sampling technique, a sample of 33 respondents was obtained. The instrument used in this study was a questionnaire. The statistical test used in this study was the Wilcoxon signed rank test. at the deviation level of 5% ($\alpha = 0.05$).

III. RESULTS

Knowledge Before Health Education

Mother's knowledge about Integrated healthcare center under five before providing health education in Parakan Village, Trenggalek District, Trenggalek Regency is as follows:

Table 1 Variable Characteristics of Mother's Knowledge About Integrated healthcare center Toddlers Before Providing Health Education in Parakan Village, Trenggalek District, Trenggalek Regency.

No	Knowledge - Before	Frequency	%
1	Less	1	3,0
2	Enough	20	60,6
3	Good	12	36,4
Total		32	100,0

Based on table 1, it is known that most of the respondents before receiving health education had knowledge about integrated healthcare center in the enough category, namely 20 respondents (60.6%).

Knowledge After Health Education

Mother's knowledge about Integrated healthcare center under five after the provision of health education in Parakan Village, Trenggalek District, Trenggalek Regency is as follows:

Table 2 Variable Characteristics of Mother's Knowledge About Integrated healthcare center Toddlers After Providing Health Education in Parakan Village, Trenggalek District, Trenggalek Regency

No	Knowledge - After	Frequency	%
1	Less	0	0,0
2	Enough	6	18,2
3	Good	27	81,8
Total		32	100,0

Based on table 2, it is known that almost all respondents after receiving health education have knowledge about integrated healthcare center in the good category, namely 27 respondents (81.8%)

Interests Before Health Education

Mother's interest in Integrated healthcare center under five before providing health education in Parakan Village, Trenggalek District, Trenggalek Regency is as follows:

Table 3 Characteristics of Mother's Interest Variables About Integrated healthcare center Toddlers Before Providing Health Education in Parakan Village, Trenggalek District, Trenggalek Regency

No	Interest - Before	Frequency	%
1	Low	12	36,4
2	Middle	18	54,5
3	High	3	9,1
Total		32	100,0

Based on table 3, it is known that most of the respondents before receiving health education had moderate interest in integrated healthcare center, namely 18 respondents (54.5%)

Interests After Health Education

Mother's interest in the Integrated healthcare center for toddlers after the provision of health education in Parakan Village, Trenggalek District, Trenggalek Regency is as follows:

Table 4 Characteristics of Mother's Interest Variables About Integrated healthcare center Toddlers After Providing Health Education in Parakan Village, Trenggalek District, Trenggalek Regency

No	Interest - After	Frequency	%
1	Low	0	0,0
2	Middle	12	36,4
3	High	21	63,6
Total		32	100,0

Based on table 4, it is known that most of the respondents after receiving health education have an interest in integrated healthcare center in the high category, namely 21 respondents (63.6%).

Table 5 Results of Analysis of the Effect of Integrated healthcare center Park on Toddler Child Development in Ngadirenggo Village, Pogalan District, Trenggalek Regency

	Knowledge - after - Knowledge - before	Interests - after - Interests - before
Z	-3,771	-4,388
Asymp. Sig. (2- tailed)	0,000	0,000

Based on the results of the Wilcoxon signed rank test analysis above, it can be interpreted as follows:

1. The p value of the knowledge variable = $0.000 < (0.05)$, so H_0 is rejected and H_1 is accepted which means that there is an effect of providing health education on mother's knowledge about Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency.
2. The p value of the interest variable = $0.000 < (0.05)$, so H_0 is rejected and H_1 is accepted which means that there is an effect of providing health education on mothers' interest in Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency.

IV. DISCUSSION

Mother's knowledge and interest about Integrated healthcare center under five before giving health education

Mother's knowledge about Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency, it is known that most of the respondents before receiving health education had knowledge about Integrated healthcare center in the sufficient category, namely 20 respondents (60.6%). The results of the cross tabulation showed that respondents aged 20-35 years had prior knowledge of health education in the sufficient category, namely 14 respondents (42.4%). Based on the characteristics, it is known that almost half of the respondents have a mother as a housewife, namely 13 respondents (40%).

Notoatmodjo (2015), from L.W. Green says that if someone has good knowledge, then he or she looks for a service that is more competent or safer for him. Lack of public knowledge about health services will affect the utilization of existing service facilities so that it affects their health condition. Integrated healthcare center, as a health service unit organized by the community with technical support from Puskesmas officers, has an important role in helping to provide basic strengthening of both maternal and child health as a form of human resource development requiring quality changes for the better (Ma'ruf, 2012).

Mother's knowledge about Integrated healthcare center under five before giving health education is known that most of the respondents have knowledge about Integrated healthcare center in the sufficient category. Sufficient category knowledge shows that most mothers of toddlers only understand integrated healthcare center as a place to find out their toddler's weight and get immunizations. In terms of age, those who have entered adulthood actually provide provisions for mothers to be able to have good knowledge because the level of cognitive development at that age has reached optimal conditions, but the lack of exposure to information about integrated healthcare center causes mother's knowledge to be limited.

Mothers of toddlers generally do not understand the importance of integrated healthcare center, monitoring growth and development and the types of immunizations that must be given to children. The researcher considered that the level of knowledge of the mothers in this study was also influenced by educational factors, where most of the respondents had high school education. A fairly good level of education makes it easy for respondents to understand the information received, but the limited quantity and quality of information about integrated healthcare center makes respondents less knowledgeable about integrated healthcare center.

Mother's interest in Integrated healthcare center under five before providing health education in

Parakan Village, Trenggalek District, Trenggalek Regency, it is known that most of the respondents have moderate interest in Integrated healthcare center, namely 18 respondents (54.5%). The results of the cross tabulation show that respondents who work as housewives have an interest in Integrated healthcare center under five before health education in the medium category, namely 8 respondents (24.2%).

Interest is basically the acceptance of a relationship between oneself and something outside oneself. The stronger or closer the relationship, the greater the interest (Slameto, 2015). The general factors for the emergence of interest according to Crow and Crow (1982) in Purwanto (2014), consist of three factors, namely internal factors, namely the urge to know something new and different, social motive factors, namely efforts to develop themselves from and within science, emotional factors which is related to feelings and emotions. The work environment can make a person gain experience and knowledge both directly and indirectly (Mubarak, 2012). Work, which includes psychosocial variables, can increase the risk of disease and affect the way a person defines and reacts to his illness (Purnawan, 2019).

Mother's interest in integrated healthcare center is in the medium category. The low interest in integrated healthcare center is due to the lack of knowledge of mothers under five about the purpose and importance of integrated healthcare center. This condition is also influenced by the perception factor about the implementation of integrated healthcare center which is considered a waste of time so they prefer to do activities at home or to work, especially when it is felt that the child has grown healthily. This can be related to the community's perception that the integrated healthcare center services that were generally carried out previously were only weighing toddlers and giving immunizations, even though at this time integrated healthcare center often provided education for families of toddlers as well as educational game facilities for children while waiting in line at the integrated healthcare center.

Judging from the cross tabulation, it is known that housewives respondents have moderate interest categories. As housewives generally have more free time that can be used to attend integrated healthcare center. Meanwhile, mothers who work in the private sector or self-employed by working outside the home are generally tied to the working hours of the agency or company where they work, making it difficult to adjust to the schedule of the integrated healthcare center whose activities are usually carried out in the morning which coincides with working days. However, the results of this study indicate that the interest formed is still in the moderate category. This situation reflects that the community does not consider the importance of integrated healthcare center activities so that although respondents have the opportunity to attend integrated healthcare center but are not really interested, this is certainly not separated from the lack of socialization about the importance of integrated healthcare center for toddlers.

Mother's knowledge and interest about Integrated healthcare center under five after the provision of health education

Mother's knowledge about Integrated healthcare center under five after the provision of health education in Parakan Village, Trenggalek District, Trenggalek Regency, it is known that almost all respondents have knowledge about Integrated healthcare center in the good category, namely 27 respondents (81.8%). Cross tabulation shows that respondents with secondary education have knowledge after health education in the good category, namely 14 respondents (42.4%).

A person's cognitive level will affect his behavior (Santrock, 2014). Behavior is a complex thing and in its formation through an uninterrupted continuous process obtained from internal stimuli that come from within oneself which is composed of self-concept, perception, experience but also external factors that are supporting or weakening factors for a behavior. (Notoatmodjo, 2015). Insufficient and sufficient knowledge is a factor that causes a person to be unable to behave properly, in this case knowledge about occupational health and safety (Santrock, 2014).

Increased knowledge of respondents after receiving health education due to the provision of information stimulus through counseling will be the basis for mothers of toddlers to grow interest which then becomes the basis for decision making in this case interest in attending Integrated healthcare center. The better the respondents in capturing the information provided in health education, the higher the level

of knowledge of the respondents.

The increase in respondents' knowledge is also influenced by extrinsic factors, one of which is the education of mothers of children under five. The higher the level of education possessed, the easier it will be for someone to receive and understand the information provided. In health education activities, there is not only a process of delivering information, but also efforts to attract respondents to regularly attend the Integrated healthcare center, including by conveying Integrated healthcare center activities that are beneficial for toddlers and the disadvantages of not attending Integrated healthcare center.

Mother's interest in Integrated healthcare center under five after the provision of health education in Parakan Village, Trenggalek District, Trenggalek Regency, it is known that most of the respondents have an interest in Integrated healthcare center in the high category, namely 21 respondents (63.6%). The results of cross-tabulation showed that respondents aged 20-35 years had an interest in the Integrated healthcare center under five after health education in the high category, namely 17 respondents (51.5%).

Interest is a source of motivation that directs people to do what they want to do if given the freedom to have it. When someone sees something that is useful for him, they are attracted to the object and satisfaction will arise in him (Hurlock, 2012). One of the factors that trigger interest is age, the relatively high age the person will have more experience in his life (Andryana, 2015). The age range of 20-35 is a mature age, where a person at that age will have a pattern of capture and good thinking power so that his thoughts will also be more mature and easier to receive information that is considered beneficial for him (Wardani, 2014).

The increase in the interest of mothers under five in integrated healthcare center after being given health education is quite high considering that respondents who generally work as housewives are more active at home so that when they get information about integrated healthcare center they will be very interested in taking their toddlers to the integrated healthcare center in the following month because they can leave at any time. the routine. In addition to employment, the respondent's education level also supports an increase in interest in integrated healthcare center. Respondents with high school education tend to more easily understand the information conveyed during health education, so that along with increasing respondents' knowledge, interest in integrated healthcare center will also increase because they have understood the benefits and importance of regular integrated healthcare center for the growth and development of toddlers.

The effect of providing health education on mother's knowledge about Integrated healthcare center for toddlers

The results showed that the p value of the knowledge variable = $0.000 < (0.05)$, so H_0 was rejected and H_1 was accepted, which means that there is an effect of providing health education on mother's knowledge about Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency.

According to Notoaatmodjo (2015) the main principle of health education is the learning process. In learning activities there are three main problems, namely input, process and output. The input in health education is related to the target students, namely individuals, groups or communities who are learning themselves with various backgrounds. The process is the mechanism and interaction of changes in the ability or behavior of the learning subject. Health education is a combination of various activities and opportunities based on learning principles to achieve a situation, where individuals, families, groups or society as a whole want to live healthy, know how and do what can be done, individually or in groups and ask for help. help (Effendy, 2014). According to Mubarak (2015), a health education can increase a person's knowledge about a health behavior.

The results showed that there was a significant increase in the level of knowledge of the respondents before and after the provision of health education. These results indicate that health education with the help of educational video media is successful. The process of delivering health education information in this study was slightly hampered because the pandemic conditions required avoiding crowds so that health education was carried out through video calls accompanied by educational

videos that proved to be effective in communicating material about integrated healthcare center.

Respondents in this study received information from competent sources so that the information provided was quite detailed, besides that the process of providing information also allowed respondents to freely ask questions about things that were not understood so that there was a significant increase in knowledge. The use of educational video tools that were sent to respondents in this study also helped the success of providing health education because respondents could repeat the explanation in the video if they felt they still did not understand the content of the material presented.

The effect of providing health education on mother's interest in Integrated healthcare center for toddlers

The results showed that the p value of the interest variable = $0.000 < (0.05)$, so H_0 was rejected and H_1 was accepted, which means that there is an effect of providing health education on mothers' interest in Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency.

According to Notoaatmodjo (2015) the main principle of health education is the learning process. In learning activities there are three main problems, namely input, process and output. The input in health education is related to the target students, namely individuals, groups or communities who are learning themselves with various backgrounds. The process is the mechanism and interaction of changes in the ability or behavior of the learning subject. Health education activities are a combination of various activities and opportunities based on learning principles to achieve a situation, where individuals, families, groups or society as a whole want to live healthy, know how and do what can be done, individually or in groups and ask for help (Effendy, 2014). According to Mubarak (2015), a health education can increase a person's knowledge about a health behavior.

The increase in respondents' interest after health education is known to be significant, but if viewed from the number of respondents who still have moderate interest after the intervention, there are still quite a lot (36%). This situation can be caused by several factors, including health education activities that have only been carried out once, besides that the conditions during health education are not always conducive considering that some respondents have children under five who must be cared for so that when video calls are made, there are several respondents where children cry and cry. break concentration. There is a need for routine and ongoing health education activities to maintain and increase the knowledge and interest of mothers of children under five in making regular visits to integrated healthcare center. Meanwhile, in the long term, it is hoped that sustainable health education activities can influence the perceptions and attitudes of all local people so that they have a culture of visiting integrated healthcare center as an important need for families with toddlers.

The process of health education through health education is able to increase the knowledge and interest of respondents in accordance with the concept of behavioral adoption, namely behavior is formed from a process called KAP, knowledge-attitude-practice, so the results of this study are only the attitude stage, namely a change in attitude which ultimately creates an interest. The process of health education stimulates the formation of knowledge that shapes a person's views or attitudes towards something which ultimately affects the emergence of interest in action, in this case the interest in visiting the integrated healthcare center. This is also related to providing motivation to respondents during health education to carry out Integrated healthcare center routinely, because by carrying out Integrated healthcare center regularly if there is a growth and development disorder in children it will be easier to detect and immediately treat and provide stimulus so that children will not be left behind from their age group.

V. CONCLUSION

Most of the respondents before receiving health education had sufficient knowledge about integrated healthcare center, namely 20 respondents (60.6%) and had moderate interest in integrated healthcare center, namely 18 respondents (54.5%).

Almost all respondents have knowledge about integrated healthcare center in the good category, namely

27 respondents (81.8%) and most respondents have an interest in natural integrated healthcare center in the high category, namely 21 respondents (63.6%).

There is an effect of providing health education on mother's knowledge about Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency ($p = 0.000 \leq 0.05$)

There is an effect of providing health education on mothers' interest in Integrated healthcare center under five in Parakan Village, Trenggalek District, Trenggalek Regency ($p=0,000 \leq 0,05$).

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