

ABSTRACT

Berliana Ega Sefira. 2024. *The Influence of Education Using E-Booklet Media on Changes in Knowledge and Attitudes of Pregnant Women About Exclusive Breastfeeding at the Cisadea Health Center in Malang City, Thesis, Malang Health Polytechnic, Bachelor's Program In Applied Health Promotion, Supervisor I Pudji Suryani, S.KP, MKM., Sri Winarni, S.Pd., M.Kes*

Exclusive breastfeeding is a goal of achieving the 3rd Sustainable Development Goal (SDG), specifically target 2, which aims to prevent and end infant and child mortality by 2030. According to the 2022 report from the Malang City Health Department, Cisadea is the health center with the lowest coverage of exclusive breastfeeding (55.0%). This is related to mothers' knowledge; their lack of awareness about exclusive breastfeeding can pose risks such as delayed speech, delayed walking, and poor nutrition in children. Therefore, education is needed to improve the knowledge and attitudes of pregnant women about exclusive breastfeeding using an e-booklet. The purpose of this study is to determine and identify the influence of education using e-booklet media on the knowledge and attitudes of pregnant women about the importance of exclusive breastfeeding at the Cisadea Health Center in Malang City. This study is a quasi-experimental research with a one-group pre-test and post-test design. The sample in this study consists of pregnant women at the Cisadea Health Center, using purposive sampling, and the total sample obtained was 32 pregnant women. The Wilcoxon test results showed a significant result where the p-value obtained was $0.000 < \alpha (0.005)$, meaning this study rejects H_0 . That is, there is an effect of education using e-booklet media on changes in knowledge and attitudes of pregnant women about exclusive breastfeeding at the Cisadea Health Center in Malang City. The hope is that this research can be followed up with collaboration between the Maternal and Child Health Clinic and Health Promotion, and that this study can serve as a reference for future research.

Keywords: *E-Booklet, Knowledge, Attitude, Pregnant Women, Exclusive Breastfeeding*