

Child development booklet on maternal knowledge in golden age children

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ARTICLE INFO

Article history:

Received Jun 22, 2024

Revised Jun 24, 2024

Accepted Jun 30, 2024

Keywords:

Booklet

Knowledge Level

The Golden Age

ABSTRACT

The Golden Age is a very effective and *urgent* period for optimizing the various intelligence potentials possessed by children. The success of developing a child's intelligence lies in the level of knowledge of parents, especially mothers, in utilizing opportunities during the growth and development period. Child Development Booklet is one of the solutions in improving maternal intelligence. The purpose of this study was to see the level of knowledge of mothers before and after being given the Child Development Booklet. The method in this study is quantitative using one group with a pretest posttest design approach, with a research sample of 71 mothers. The research was conducted in May-June 2024 at PKM Ciamis. The results showed that the frequency of pre-test knowledge level was 36.6% and the post-test results showed a percentage increase of 46.5% to 83.1%. In the sufficient category, a percentage decrease was obtained from 28.2% to 16.9%. While for the less category showed a decrease of 35.2%. The conclusion in the study is that there is an increase in maternal knowledge after being given a child development booklet with an average respondent in the good category.

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INTRODUCTION

The Golden Age is a very effective and *urgent* period for optimizing the various intelligence potentials possessed by children. in order to lead to quality children (Raini, 2018). The success or failure of developing a child's intellectual, emotional and spiritual intelligence lies in the level of knowledge and awareness of parents in utilizing opportunities during this golden age. The golden age is a very important period and needs special attention by parents. This period is considered very important for the intellectual, emotional, and spiritual development of children. Because, in the golden age the brain grows optimally, as well as physical growth. In addition, during this period there is also the development of the child's personality and the formation of patterns of behavior, attitudes, and emotional expressions (Fadel & Al-Hendy, 2024). The level of optimization of the role of parents who are continuous and consistent with the growth and development of children in this period greatly determines the quality of children in the future (Jati

et al., 2022). Research shows that low knowledge will negatively affect child development, where if children are never stimulated, brain tissue will shrink so that brain function will decrease. This is what causes children's development to be hampered (Jeong, Franchett, Ramos de Oliveira, Rehmani, & Yousafzai, 2021).

Data in Ciamis Regency in the UPTD Ciamis Work Area found that mothers' knowledge of child development in the good category as much as 30.2% with a percentage of 27.1% sufficient, 42.7% less (Larasati, Jupriyono, Sangkot, & Hadi, 2022; Taamu, Nurjannah, & Wijayanti, 2020; Yase, Ramayanti, & Nofika, 2020). Ciamis is a small town with an average economy of lower middle class. In addition, most mothers are housewives who do not work outside the home. There are various factors that influence maternal knowledge. Although according to research, not only maternal knowledge has an impact on child development during the Golden Age, but also maternal beliefs and attitudes (Jati *et al.*, 2022; Kusuma, 2019). Booklets related to child development and growth often shape mothers' beliefs and attitudes towards parenting. Among them, Child Development Booklets can help mothers understand the importance of early stimulation in child development (Damayanti & Yohandri, 2022). The Child Development Booklet consists of material on understanding the Golden Age, physical growth and development, cognitive development, social and emotional aspects, the importance of self-care, creating a supportive environment, and how to promote optimal growth and development. Therefore, understanding how these booklets influence mothers' beliefs and attitudes is an important factor in assessing their impact on child development (Febriyanti, Wardhana, & Sutrisno, 2021).

The main key in child development lies with the mother. Parents' efforts to optimize children's growth and development include providing stimulation for optimal growth and development, providing good nutrition and nutrition, choosing quality educational institutions, providing motivation, channeling children's interests and talents through activities. The positive impact of good maternal knowledge is that it can provide stimulation and help optimal social, emotional, and cognitive development in children (Davis-Kean, Tighe, & Waters, 2021). Meanwhile, the lack of maternal knowledge will affect the growth and development of children that is not optimal. One of the impacts is to cause the wrong education pattern so that the child's development is disrupted. As a result, children become less knowledgeable and unable to face an increasingly developing era (Maria Tarigan, 2019). Studies state that interventions with education using books / booklets can significantly improve knowledge and behavior, book material can be learned regardless of time, place and easy to carry anywhere (Larasati *et al.*, 2022). So, this problem is the background for the author to see the effect of Child Development Booklet on the level of knowledge of mothers about the golden age period.

RESEARCH METHOD

The study used a *pre-experimental* quantitative analytic method with a *one group pretest-posttest design*. The research time was conducted in April-June 2024 in the UPTD Ciamis work area. This research design can be described as follows:

Table 1. Research design

Subject	Pre Test	Treatment	Posttest
AI	Q ₁	Z	Q ₂

Description:

- AI : Intervention Group (Treated with Child Development Booklet)
- Q₁ : Results of Maternal Knowledge Measurement Before Child Development Booklet
- Z : Child Development Intervention Booklet
- Q₂ : Results of Measuring Maternal Knowledge After Being Given

Data analysis used Univariate where the results of the study were presented in the form of frequency distribution and bivariate analysis to see differences before and after being given booklet

interventions on golden age knowledge with the *Wilcoxon* test. Variable in this study is Child Development Booklet as independent variable and mother's knowledge as dependent variable. The population is mothers who have children in the golden age period in the Ciamis village, UPTD Ciamis Health Center Working Area. The sampling method used probability sampling with a sample size of 71 people. With the inclusion criteria of mothers who have children with golden age and are willing to be respondents. While the exclusion criteria are respondents who live outside the city.

The stages in making Child Development Booklet begin with data collection in the form of ideas, analysis of data that has been collected, synthesis then visualization to production. With several stages carried out in the design of the booklet, the selection of typography fonts for writing layouts, attractive covers, and the writing method used 5W + 1H consists of 20 pages that can be taken anywhere practically, after the discussion on each sheet will be given a blank note for the mother to document the development of her child to where. This is the main attraction of the booklet media used. The instrument for knowledge level uses a questionnaire totaling 20 question items and is carried out a Valid Test with a result of 0.807 and a Reliability Test with a result of 0.769.

The implementation of the study began with a time contract (*Informed Consent*) until an agreement was obtained with the respondent through the signing of a letter of consent. Furthermore, researchers conducted a *pretest* to mothers who had children aged 0-5 years by filling out a questionnaire instrument about knowledge. After 1 month, an evaluation was conducted by conducting a *post test* using the same knowledge instrument. The research design uses observation to see changes that occur after treatment (*post test*).

The research began with a preliminary study to obtain data on mothers who have golden age children aged 0-5 years. Basic data was taken from PKM Ciamis, which had previously coordinated with the Ciamis Regency Office of Political Unity and Community Protection. After the data is collected, then the analysis is carried out, then the researcher compiles a research report, draws conclusions and makes suggestions or recommendations that refer to the research results. This research has been approved by the ethics committee of STIKes Muhammadiyah Ciamis with number 016/KEP-STIKESMUCIS/II/2024.

RESULTS AND DISCUSSIONS

Table 1. Respondent Characteristics

No.	Characteristics	Mean ±SD
1	Mother's age	29.35±4.896
2	Education	2.07 ± 0.884
3	Jobs	2.00±0414
4	Income	1.44±0499

Table 1. The age category of the mother was at the age of 29 years with a frequency of 53.4% while the lowest age of the mother was 23 years by 46.6% with a Mean±SD value of 29.35±4.896. Shows the highest education is in the Junior High School category by 43% and the lowest in the College category by 7 % with a Mean±SD value of 2.07 ± 0.884. The highest category in the mother's occupation is working as a housewife by 87.3% while the lowest is working as a laborer by 1.4%% with a Mean±SD value of 2.00±0414. In the highest income category, the income < UMR was 38% with a Mean±SD value of 1.44±0499.



Graph 1. Knowledge pre test-post test results

Graph 1. It is known that in the good category, the pre-test results obtained a frequency of 36.6% and the post-test results showed a percentage increase of 46.5% to 83.1%. In the moderate category, a decrease in percentage was obtained from 28.2% to 16.9%. While for the category shows a decrease of 35.2%.

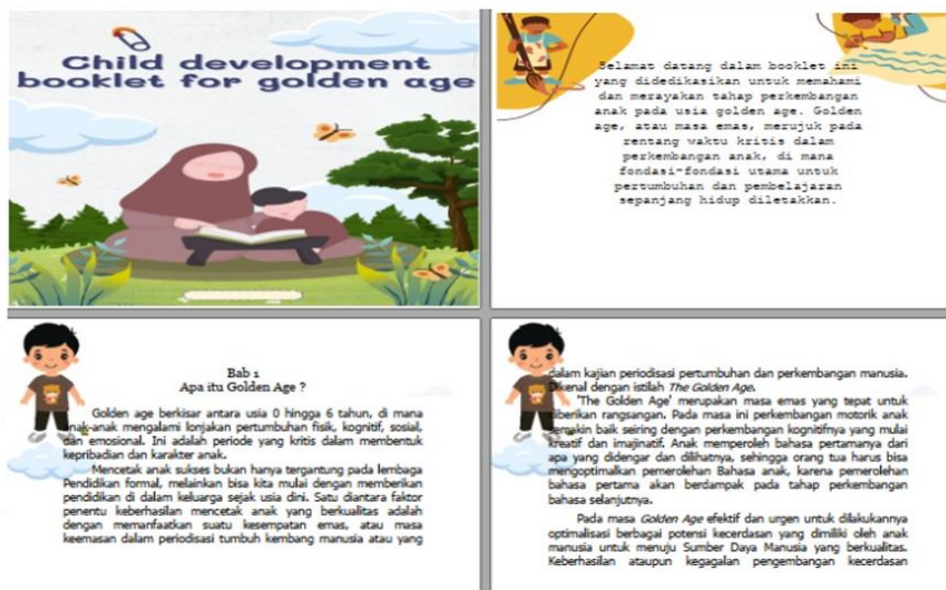


Figure 2. Child Development Booklet

Discussion

Booklets are small books that function as leaflets. Booklets can be used or utilized to show examples of creative works related to theory or images to increase knowledge. The *golden age* period, which covers ages 0-5 years, is a critical period in child development. During this period, children experience rapid growth in various aspects, including physical, cognitive, emotional and social. The role of mothers is vital in optimizing child development during this time. One way to increase mothers' knowledge of child development is through the use of *Child Development Booklets*.

The results of the frequency table on the characteristics of respondents obtained several conclusions. The results of the study found that the characteristics of mother's age affect the growth and development of children, because the older a person gets, the easier it will be to adapt, with a mature age, mothers can be more cooperative in monitoring the development of children and are

more prepared in their parenting (Laksono, Wulandari, Ibad, & Kusriani, 2021). This is in line with Pratas, et al., (2018) with the results of research which states that the age of the mother determines the pattern of care and determination of food in children and mothers are more mature and experienced in child growth and development. While the highest maternal education results were in the Junior High School category at 43% and the lowest in the College category at 7% with a Mean \pm SD value of 2.07 ± 0.884 . It cannot be denied that the higher a person's education, the easier it is for them to receive information and in the end the more they receive information and the more knowledge they have. In contrast, the average respondent was in the junior high school category. Knowledge can be influenced by various internal and external factors, one of which is experience. The results of the analysis showed that 43.7% of respondents were mothers who had more than one child. Thus, from the experience of parenting the mother already has provisions in dealing with children with golden age. The above results are in line with research that there is a relationship between maternal education and the development of children's growth and development during the golden age, the quality of child growth is determined by the mother's education and occupation (Maria Tarigan, 2019; Nafiyah & Eliyana, 2023; Rijkiyani et al., 2022).

The highest category in the mother's work is working as a housewife at 87.3% while the lowest is working as a laborer at 1.4% with a Mean \pm SD value of 2.00 ± 0.414 . In this study, it can be concluded that the highest frequency is housewives, where mothers who do not work have more time to look after and have the opportunity to pay attention to child growth and development (Rass & Salahuddin, 2021). In addition, housewives have more time to access information, so that when given a booklet about child growth and development, knowledge can increase significantly. This is in line with research Indrayani & Khadijah (2020) which reveals that non-working mothers or housewives have more time with children so that they have a great opportunity to monitor children's growth and development, especially during the golden age period (Indrayani & Khadijah, 2020; Cumayunaro et al., 2020).

Mothers have an important role in the quality of growth and development of children during the golden age, so maternal knowledge is very influential (Rezaeizadeh et al., 2024). This can be seen from the pre and post results on respondents where there is a significant increase in knowledge after being given the Child Development Booklet. Maternal knowledge about child development during the golden age period varies with the results of good knowledge 36.6%, sufficient knowledge 28.2% and less knowledge 35.2%. After using the Child Development Booklet for 1 month, starting from April 2024 to May 2024 there was a significant increase in maternal knowledge. Assessment was done through questionnaires filled out before and after the intervention.

The Child Development Booklet shapes mothers' beliefs and attitudes towards parenting. The Child Development Booklet consists of material on understanding the Golden Age, physical growth and development, cognitive development, social and emotional aspects, the importance of self-care, creating a supportive environment, and how to promote optimal growth and development. The Child Development Booklet can help mothers understand the importance of early stimulation in child development. Therefore, understanding how the Child Development Booklet influences mothers' beliefs and attitudes is an important factor in assessing its impact on child development (Febriyanti et al., 2021; Mutalib & Maqfiro, 2022; Saputri, Chundrayetti, & Deswita, 2021).

The main key in the development and growth of children is in the mother, lack of knowledge of the mother will affect the growth and development of the child (Maria et al., 2023). This results in the wrong pattern of education so that the child's development is disrupted (Maria Tarigan (2019) As a result, children become less knowledgeable and incapable of facing an increasingly developing era (Maria Tarigan, 2019). Studies state that educational interventions using booklets can significantly improve knowledge and behavior, book material can be learned

regardless of time and place and is easy to carry anywhere (Larasati et al., 2022; Retnowati & Anggraeni, 2022; Sujianti, 2019).

Booklets have the advantage over brochures or pamphlets that they can hold more information and are more comfortable to read because the size of the text is not too small (Jeong et al., 2021; Fadel & Al-Hendy, 2024). The Child Development Booklet helps mothers understand the various stages of child development, from motor, cognitive, to social-emotional development. With this understanding, mothers can identify their child's needs at each stage and provide appropriate stimulation (Sumartini Ni putu, 2019). Child Development Booklet helps mothers understand the various stages of child development, from motor, cognitive, to social-emotional development. With this understanding, mothers can identify children's needs at each stage and provide appropriate stimulation. The Child Development Booklet provides tips on how to interact and provide effective stimulation for children (Thompson, 2024). For example, reading books, playing and talking with children can stimulate their language and cognitive development. The booklet also teaches techniques to support children's emotional and social development.

The Child Development Booklet plays an important role in improving mothers' knowledge of child development during the golden age. By understanding the stages of development, the importance of nutrition and health, and how to provide appropriate stimulation, mothers can support their child's optimal growth and development. Using this booklet can help mothers make better decisions and reduce parenting mistakes, so that children can reach their full potential during this critical time.

CONCLUSION

There is a difference in pre-test and post-test values, where in the good category the pre-test results obtained a frequency of 36.6% and the post-test results showed a percentage increase of 46.5% to 83.1%. In the sufficient category, a percentage decrease was obtained from 28.2% to 16.9%. Meanwhile, the category showed a decrease of 35.2%. So, it can be concluded that there is an increase in maternal knowledge after being given a child development booklet with an average respondent in the good category. The results of this study are expected to be input to Posyandu cadres to optimize the use of The Child Development Booklet so as to increase mothers' knowledge about golden age growth and development. The limitation of the study was the lack of observation in the use of The Child Development Booklet. Future research needs to add the variable of father's involvement so that there is a synergistic collaboration between parents.

ACKNOWLEDGMENT

We would like to thank Majelis Dikti Litbang PP Muhammadiyah, Hibah Risetmu and STIKes Muhammadiyah Ciamis for providing support so that this research can be carried out well.

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