



## The Effect of E-booklet Media on Efforts to Prevent Stunting in Mothers in RW. 05 Pegangsaan Dua Village, North Jakarta

<sup>1</sup>Ario Adi Prakoso, Nurlayly<sup>2</sup>, Heri Samtani<sup>3</sup>, Aya Yahya Maulana<sup>4</sup>

<sup>1,2,3,4</sup>Universitas YARSI

[ario.adi@yarsi.ac.id](mailto:ario.adi@yarsi.ac.id)  
[nurlayly07@gmail.com](mailto:nurlayly07@gmail.com)  
[heri.samtani@yarsi.ac.id](mailto:heri.samtani@yarsi.ac.id)  
[aya.yahya@yarsi.ac.id](mailto:aya.yahya@yarsi.ac.id)

DOI: [10.30742/tb.v8i2.4023](https://doi.org/10.30742/tb.v8i2.4023)

Received: 4 September 2024

Revised: 10 October 2024

Accepted: 28 October 2024

### ABSTRACT

**Purpose Research.** Stunting is a serious concern today, especially in developing countries such as Indonesia. The 2021 Indonesian Nutrition Status Study (SSGI) states that the number of stunting cases in Indonesia reached 24.4 percent. This means that 1 in 4 children in Indonesia is stunted. Based on the results of observations made by researchers, there is data on children who have been stunted in 2023, namely 12 children in the RW 05 area, Pegangsaan Dua Village, North Jakarta. The condition of the environment is also considered uninhabitable because it is dirty. The causes are scattered market garbage and many pets. In addition, there are still many homemakers who still do not know what stunting is and how to prevent it. Therefore, the solution to overcome the problem of lack of knowledge about stunting is the provision of E-booklets. **Research Method.** This study used a quantitative method of Pre-Experiment One-Group Pretest-Post-test Design. The study population amounted to 38 respondents, because the population was less than 100, the sample used was 38 respondents. **Analysis Data.** The data analysis techniques used are the Normality Test and the Paired Sample T-test. **Results.** Based on the normality test results, which show a value of  $0.200 > 0.05$ , the data is considered normally distributed. Furthermore, the Paired Sample T-Test in this study yielded a result of 0.000. Therefore, it can be concluded that the E-booklet Media affects the prevention efforts of stunting among mothers in RW 05, Pegangsaan Dua, North Jakarta. **Conclusions.** It can be concluded that e-booklet media containing material about stunting can be an effective information media in increasing stunting prevention efforts.

**Keywords:** E-booklet, stunting, media

### A. INTRODUCTION

*Stunting* is a public health problem that affects the growth and development of children. Indonesia itself is one of the countries with a relatively high stunting rate. One of the main factors causing stunting is the lack of knowledge of mothers about providing nutritional food intake and good care for children. Two factors can cause



stunting in children. The first factor is direct factors, such as exclusive breastfeeding, children's diet, and the development of weight and height since birth. The second factor is indirect factors that can be influenced by parents' education and family economic conditions that may not allow them to provide nutritious food for children. The family economy can cause the cause of stunting, and family economic problems can affect the intake of children's nutritional needs due to the limited purchasing power of parents in buying food with good sources of nutrients and vitamins, resulting in a decrease in the quality of food consumed by children which can affect child growth and development (Rahmawati, N. F., Fajar, N. A. and Idris, 2020).

Stunting is a serious concern today, especially in developing countries such as Indonesia. The 2021 Indonesian Nutrition Status Study (SSGI) states that the number of stunting cases in Indonesia reached 24.4 percent. This means that 1 in 4 children in Indonesia is stunted. In 2019, the stunting rate in Indonesia has reached 27.7 percent. When compared to the stunting rate data in 2020, this figure has decreased. However, the decrease in the number of stunting cases in Indonesia is still far from the limit set by WHO, which is 20 percent. Although the number of stunting cases in Indonesia has decreased, according to (Kominfo RI, 2023), President Joko Widodo emphasized that the target of reducing the stunting rate in Indonesia is 14 percent, which must be achieved by 2024.

According to Kemenkes RI, (2023), in 2023 explains the data on the decline in stunting in Indonesia in the results of the Indonesian Nutrition Status Survey (SSGI) in the results of the BKKBN National Working Meeting where the prevalence of stunting in Indonesia fell from 24.4% in 2021 to 21.6% in 2022, in the following year, namely in 2023 the decline in stunting in Indonesia is expected to be 17.8%, then in 2024 where the government targets a reduction in stunting in Indonesia to 14% so that the government requires an increase in the stunting reduction rate in Indonesia by 3.8% so that the reduction in stunting in Indonesia is in accordance with what the government has targeted. Based on stunting data in Indonesia, it can be concluded that the reduction in stunting rates in Indonesia still needs an increase per year to reach 14% in 2024, as targeted by the government.

One of the factors causing stunting is the lack of maternal knowledge about stunting. Mothers have a role in preventing and reducing the risk of stunting in children. Based on the results of observations that have been made by researchers in the RW.05 area of Pegangsaan Dua Village, North Jakarta, researchers found that the location is an uninhabitable environment because the environment is close to the market where a lot of market waste is scattered everywhere so that it can cause the environment to be polluted by garbage and less clean and unfit for habitation. The results of interviews in the RW.05 Kelurahan Pegangsaan Dua North Jakarta stated that there are still many mothers who drop out of school; they only take junior high school to the high school level. This is due to economic limitations, so there are still many mothers who lack education about stunting. Based on these problems, the researcher's task is to overcome these problems. In this study, we chose E-booklet media as a medium for delivering information because E-booklet media contains a summary of the material by presenting interesting visualizations of images and data so that the material about stunting

presented in E-booklet media can be easily understood. In addition, E-booklet media can be accessed easily via smartphones or other software, so the use of E-booklet media can be more efficient to access E-booklet media, for storage E-booklet media is also more durable than printed ones because it is easily torn. E-booklet media is more environmentally friendly because it does not need to be printed, so it does not require paper and ink to print it. The use of E-booklet media is an effort to increase mothers' knowledge about stunting knowledge because learning using E-booklet media, the information material presented can be made concise and exciting because it uses image visualization so that E-booklet media can be easily understood (Violla, R. and Fernandes, 2021).

This study uses Booklet theory and stunting prevention theory. The Booklet theory states that the E-booklet theory is divided into 4 (four) indicators, including Color Theory, Typography, and Illustrations. Meanwhile, the theory of stunting prevention states that the factors that cause stunting include consumption of tablets, provision of additional food to pregnant women, checking pregnancy, childbirth, fulfilling nutrition in children, coming to the posyandu, providing early breastfeeding initiation, exclusive breastfeeding, MP-ASI, PHBS.

Research on the Effect of Menstrual Counseling Using E-booklet Media on Knowledge and Attitudes of Students Facing Menarche in Elementary Schools was written by Mutia Sari Lubis, Cipta Pramana, and Heru Subaris Kasjono in 2022. This study aims to determine counseling about menstruation using E-booklet media on students' knowledge of facing menarche. This activity is one of the proper steps because school youth activities are groups that can easily capture information so that they can easily be given education, one of which uses e-booklet media. The method used in this study was quasi-experiment with control group pretest-post-test sampling using a random sampling technique. Summary of the results of this study regarding the knowledge of 10-year-old schoolgirls who have not experienced menstruation: Researchers conducted counseling on the comparison of E-booklets and leaflet media in increasing the knowledge and attitudes of female students in facing menarche. In this study, it was proven that E-booklet media was more effective in providing education to female students about menstruation when facing menarche. The difference in this study is that it looked at the comparison between e-booklet media and leaflet media in terms of providing education. The similarity of this study is that it uses e-booklet media to educate and increase respondents' knowledge of the material presented. Research on the Effect of E-booklet Educational Media on the Behavior Level of Pharmaceutical Technical Personnel was written by Septi Muharni, Fadila Toha, Fina Aryani, Husnawati, in 2022. This study aims to determine the effect of e-booklet media in educating the extraction of common cold self-medication information. The method used in this study was non-probability sampling experiment with sampling technique using purposive sampling. A summary of the results of this study regarding the effect of e-booklet media on increasing information seeking behavior regarding common cold self-medication where the lack of knowledge of affirmation personnel on material regarding self-medication. The difference in this study is to analyze how information seeking behavior regarding knowledge. The equation in this study is



to use E-booklet media as information seeking media, E-booklets as educational media related to pharmaceutical services that can increase one's knowledge.

Research on the Effect of GENTING E-booklet on Stunting Prevention on Knowledge, Attitude, and Behavior of Adolescent Mothers was written by Monalisa Putri and Kustati Budi Lestari. The purpose of this study was to increase the knowledge, attitude, and behavior of adolescent mothers to prevent stunting. This research method is pre-experimental research with one group pre-test and post-test. The results of this study indicate that education with the GENTING E-booklet has an effect on the knowledge, attitudes, and behavior of adolescent mothers. GENTING booklets can be used as health promotion media as a means of preventing stunting. The difference from this study is that the purpose of the study is to increase the knowledge, attitudes, and behavior of mothers on the prevention of stunting, while the research while the purpose of the research being studied discusses stunting prevention efforts. The similarity between these two studies is that the media used is e-booklet media.

Research on the Effect of Stunting Education Counseling with E-booklet Media on Parental Knowledge and Attitude As an Effort to Overcome Stunting written by Dendy Triatmaja, Keri Lestari, Budi Setiabudiawan. The purpose of this study was to optimize the role of pharmacists by providing information and education about stunting prevention. This research method is using a pretest-post-test control group design. The result of this study is that good knowledge improves the attitude of mothers in efforts to prevent Stunting in Posyandu, Jamaica village. The difference in this study is from the method because it uses the pretest-post-test control group, while the research being studied uses the one-group pretest post-test method. The similarity of the two studies is that they both use experimental methods.

*Stunting* is a condition in which children experience growth retardation due to lack of nutrition based on height that is not appropriate when compared to age, measured by length or height that is more than minus two standard deviations of the median child growth standard from WHO (Kusuma, K. E., 2013). Factors that cause stunting include socioeconomic conditions, maternal nutrition during pregnancy, infant illness, and lack of nutritional intake in infants. Stunted toddlers in the future will have difficulty achieving optimal physical and cognitive development (Johari et al., 2021). The problems caused by stunting, in addition to the disruption of nutritional problems experienced by children, can also interfere with cognitive development problems so that it has an impact on the problem of reduced quality human resources; this is due to the decline in children's intellectual abilities which can affect children's intelligence so that children have more difficulty understanding knowledge and technology because they have weak analytical skills (Hardisman, 2019).

Booklet media is a small book with a shape. The number of pages is less than that of books in general, which have many pages because, in general, the presentation of e-booklet content contains a summary of the material (Fitriani, Kadarisman & Melga, 2016). Booklet media has various sizes that are used, such as A5 size, A4 size, and A3 size. Booklet media can be used as promotional media, product catalogs, material summaries, guidebooks, or instruction manuals.



According to (Pralisaputri K R et al., 2016). Along with the development of technology, there are E-booklets or electronic booklets that can change the appearance of booklets into a digital format so that they can be viewed via smartphones or other software (Amalia, Yuniawatika & Murti, 2020). Based on theory Kurniadi, (2022), his research states that the E-booklet theory is divided into 4 (four) indicators, including (1) Color Theory, (2) Typography Theory, and (3) Illustration Theory.

This study aims to educate mothers about stunting through E-booklet media because not all mothers in the RW.05 area of Pegangsaan Dua Village, North Jakarta, have sufficient knowledge about stunting. Therefore, to overcome these problems, researchers researched the Effect of E-booklet Media on Efforts to Prevent Stunting in Mothers in RW.05 Kelurahan Pegangsaan Dua North Jakarta.

## **B. METHODS**

The type of research used is the quantitative method. The research approach used is experimental. *Experimental quantitative method research* is a research method used by researchers to determine cause and effect (Sugiyono, 2013). This study uses a Quantitative Pre-Experiment One-Group Pretest-Post-test Design. Researchers will give a pretest to see knowledge about stunting prevention efforts and then give treatment in the form of E-booklet media. After that, a posttest will be given to see if there is an increase in stunting prevention efforts. The object of the research is the mothers of RW.05 Kelurahan Pegangsaan Dua North Jakarta, while the subject is E-Booklet Media. The population used is mothers aged 25-50 years based on the number of households in the RW.05 area of Pegangsaan Dua Village, North Jakarta, which has a population of 38 mothers. The sample used in the study was 38 mothers aged 25-50 years in the RW.05 area of Pegangsaan Dua Village, North Jakarta. According to Sugiyono (2013), if the population is less than 100, the entire population can be used as a research sample. Data collection techniques used by researchers are observation and online questionnaires—data analysis techniques obtained from pretest and posttest results using normality tests and paired t-tests.

## **C. RESULT AND DISCUSSION**

This research makes information media in the form of E-booklets that contain information about stunting. The following is the E-booklet media made in this study



Figure 1: Stunting E-booklet Media



Figure 2: Stunting E-booklet Media



Figure 3: Stunting E-booklet Media

The results of the values obtained from the pre-test and post-test on mothers in the RW.05 Kelurahan Pegangsaan Dua North Jakarta can be explained in the table below as follows:



Table 1. Pretest and Posttest Results

| <b>Uji p</b>  | <b>Pretest</b> | <b>Post-test</b> |
|---------------|----------------|------------------|
| Respondent 1  | 31             | 68               |
| Respondent 2  | 81             | 100              |
| Respondent 3  | 31             | 75               |
| Respondent 4  | 31             | 88               |
| Respondent 5  | 44             | 88               |
| Respondent 6  | 31             | 88               |
| Respondent 7  | 56             | 94               |
| Respondent 8  | 25             | 88               |
| Respondent 9  | 38             | 94               |
| Respondent 10 | 31             | 94               |
| Respondent 11 | 75             | 100              |
| Respondent 12 | 63             | 94               |
| Respondent 13 | 88             | 100              |
| Respondent 14 | 56             | 100              |
| Respondent 15 | 63             | 100              |
| Respondent 16 | 50             | 100              |
| Respondent 17 | 81             | 88               |
| Respondent 18 | 69             | 100              |
| Respondent 19 | 69             | 94               |
| Respondent 20 | 81             | 100              |
| Respondent 21 | 19             | 88               |
| Respondent 22 | 31             | 81               |
| Respondent 23 | 25             | 69               |
| Respondent 24 | 31             | 88               |
| Respondent 25 | 31             | 88               |
| Respondent 26 | 25             | 88               |



|               |             |             |
|---------------|-------------|-------------|
| Respondent 27 | 38          | 81          |
| Respondent 28 | 56          | 100         |
| Respondent 29 | 50          | 94          |
| Respondent 30 | 75          | 94          |
| Respondent 31 | 63          | 88          |
| Respondent 32 | 56          | 100         |
| Respondent 33 | 69          | 94          |
| Respondent 34 | 56          | 100         |
| Respondent 35 | 38          | 100         |
| Respondent 36 | 38          | 94          |
| Respondent 37 | 63          | 88          |
| <b>Jumlah</b> | <b>1938</b> | <b>3462</b> |

Source: Primary data processed, year 2023

Based on the pretest and post-test respondent table above, there are 38 respondents with a pretest score of 1938 and a post-test score of 3462. This means that mothers in the RW.05 Kelurahan Pegangsaan Dua North Jakarta area after being given the E-booklet have an increased understanding of stunting. The inferential statistical analysis used in this section is for hypothesis testing as follows:

A.  $H_0$  = There is no effect of E-booklet media on stunting prevention efforts among mothers in RW.05 Pegangsaan Dua Village, North Jakarta.

B.  $H_1$  = The Influence of E-booklet Media on Stunting Prevention Efforts in Mothers in the RW Region. 05 Pegangsaan Dua Village, North Jakarta.

This hypothesis testing is to find out how the E-booklet media affects the increase in knowledge about stunting in mothers in the RW area. 05 Pegangsaan Dua Village, North Jakarta. So a normality test and paired sample t-test are needed on the data that has been obtained.

In this study, the normality test was carried out to determine whether the data was normally distributed or not.





Table 2. Normality Test

**One-Sample Kolmogorov-Smirnov Test**

|                                  |                | Unstandardized Residual |
|----------------------------------|----------------|-------------------------|
| N                                |                | 38                      |
| Normal Parameters <sup>a,b</sup> | Mean           | .0000000                |
|                                  | Std. Deviation | 15.60919630             |
| Most Extreme Differences         | Absolute       | .111                    |
|                                  | Positive       | .111                    |
|                                  | Negative       | -.086                   |
| Test Statistic                   |                | .111                    |
| Asymp. Sig. (2-tailed)           |                | .200 <sup>c,d</sup>     |

- a. Test distribution is Normal.
  - b. Calculated from data.
  - c. Lilliefors Significance Correction.
  - d. This is a lower bound of the true significance.
- Source: Primary data processed, year 2023

Based on the results of the data obtained using SPSS version 25, it can be seen that the normality test results are  $0.200 > 0.05$ , it can be concluded that the normality test results are normally distributed.

Tabel 3. Uji Paired Sample T-Test

|        |                    | Paired Samples Test |                |                 |         |   |         |    |      |                 |
|--------|--------------------|---------------------|----------------|-----------------|---------|---|---------|----|------|-----------------|
|        |                    | Paired Differences  |                |                 |         | 95% Confidence Interval of the Difference |         | t  | df   | Sig. (2-tailed) |
|        |                    | Mean                | Std. Deviation | Std. Error Mean | Lower   | Upper                                     |         |    |      |                 |
| Pair 1 | pretest - posttest | -41.237             | 15.916         | 2.582           | -46.468 | -36.005                                   | -15.971 | 37 | .000 |                 |

Source: Primary data processed, year 2023

Based on the results of the paired sample T-test, it can be seen that the significance value is 0.000. These results explain that H0 is rejected and H1 is accepted because the significance value is  $< 0.05$ . So it can be concluded that the variable shows a significant effect of increasing knowledge between before and after giving the Stunting E-booklet in the RW. 05 Kelurahan Pegangsaan Dua North Jakarta. Therefore, the hypothesis that researchers suspect is the same as the results obtained, which has significant results.



Table 4. Mothers' Perceptions of the E-Booklet Media Statement

| Number of Statements               | Respondents' Responses Regarding E-Booklet Media   |
|------------------------------------|--|
| 38 Respondents                     | <i>The booklet is good and easy to understand, the pictures are also good for understanding the contents of the booklet.</i>   |
|                                    | <i>The booklet is good and creatively made and easy to understand the contents</i>   |
|                                    | The suggestion is a good and informative booklet for stunting knowledge.   |
|                                    | The booklet images are interesting to read and easy to understand. I understand the information about stunting through this booklet.   |
|                                    | Booklet media makes it easier to understand stunting, good for mothers to read   |
|                                    | <i>Booklets can make it easier for mothers to learn about stunting and are useful for increasing insight into children's health.</i>   |
|                                    | The presentation of the booklet is very good and makes it easy for mothers to read it, but there are too many explanations, sentences can be summarized more. but the rest is already good |
|                                    | <i>The booklet is good</i>   |
|                                    | Very educational indeed  |
|                                    | Interesting to read  |
|                                    | The information in the booklet is very informative and easy to access on a mobile phone.   |
|                                    | <i>The e-booklet is very good and useful.</i>  |
|                                    | Increase the material  |
|                                    |  |
| Informative and useful for parents |  |



|  |   |
|--|---|
|  | Adding..insight..to parents             |
|  | Very informative                        |
|  | Colors are not bright enough            |
|  | Good and informative booklet            |
|  | Very good and easy to understand        |
|  | Good booklet colors are also useful for |
|  | Stunting knowledge                      |

In Table 4, most mothers responded positively to the E-booklet on stunting, with a few showing less positive reactions. The unfavorable feedback from the respondents will be used as a guideline to improve the quality of the E-booklet in the future.

## DISCUSSION

This study was conducted to determine the effect of E-booklet Media on Stunting Prevention Efforts in Mothers in RW.05 Kelurahan Pegangsaan Dua North Jakarta. E-booklet media is one of the information delivery media chosen by researchers to help mothers understand stunting prevention efforts because E-booklet media is information that is made concisely and can be made using illustrative images that can make it easier for mothers to understand information about stunting efforts, so that E-booklet media can make it easier for mothers to access and store E-booklet media on smartphones so that E-booklet media can be read repeatedly and is also not easily damaged because it is packaged in the form of digital media. So, in the discussion of this research.

This study uses quantitative research methods with a pre-experiment one-group pretest and post-test design. In collecting data, 38 respondents were given a pretest, an initial questionnaire containing efforts to prevent stunting in mothers. Later, researchers provided treatment in the form of E-booklet media regarding efforts to prevent stunting, and then after that, the researchers gave a post-test, namely the final questionnaire. Based on the data obtained by researchers, there is a pretest value of 1938 and a post-test value of 3462. This can prove an increase in value after the respondent is given treatment in the form of e-booklet media. In the normality test results using Kolmogorov Smirnov, it can be seen that the research data is normally distributed at  $0.200 > 0.5$ . It can be said that the data is normally distributed.

In the paired T-test, the test results obtained a significant value of 0.00, with a significant level of 5%. The data obtained by the researcher is  $0.000 < 0.5$ , so it can be said that the data obtained proves the positive significance of the hypothesis made by the researcher, namely that E-booklet media has an effect on stunting prevention efforts in parents in RW.05 Kelurahan Pegangsaan Dua North Jakarta.



## D. CONCLUSION

The research results can conclude that E-booklet media containing material about stunting can be an effective information media in increasing stunting prevention efforts. This can be proven in the results of paired T-test testing, which found a significance value of 0.00 with a significance level of 5%. The data obtained by researchers show that  $0.000 < 0.5$ , indicating a positive significance by the research hypothesis that using E-booklet media influences stunting prevention efforts in parents in RW.05 Pegangsaan Dua Village, North Jakarta.

## REFERENCE

- Amalia, N. I., Yuniawatika, & Murti, T. (2020). Pengembangan E-booklet Berbasis Karakter Kemandirian Dan Tanggung Jawab Melalui Aplikasi Edmodo Pada Materi Bangun Datar. *Jurnal Kajian Teknologi Pendidikan*, 3(3), 282–291. <https://doi.org/10.17977/um038v3i32020p282>
- Fitriani, D. N., Kadarisman, A., & Melga, B. (2016). Perancangan Booklet sebagai Media Informasi Pengaruh Gadget Terhadap Pemicu Kerusakan Mata Anak. *E-Proceeding of Art & Design*, 3(3), 484–491.
- Hardisman, D. (2019). Empat dampak stunting bagi anak dan negara Indonesia. *Jurnal Empat Dampak Stunting Bagi SDM*.
- Johari, A., Septiani, N., & Setiawati, A. (2021). Perancangan Motion Graphic Stunting Serta Upaya Pencegahannya. *Jurnal Rekayasa Teknologi Nusa Putra*, 7(2), 36–42. <https://doi.org/10.52005/rekayasa.v7i2.56>
- Kurniadi, V. C. (2022). Perancangan Komunikasi Visual Media Informasi Berupa Booklet “Serba Serbi Cashless / Non- Tunai” Untuk Kalangan Lansia Visual Communication Design of Media Information in the Form of “ Various Cashless / Non- Cash ” Booklet. 5, 124–132.
- Kusuma, K. E., & N. (2013). Faktor risiko kejadian stunting pada anak usia 2-3 tahun (Studi di Kecamatan Semarang Timur). *Journal Of Nutrition College*, 2(4), 523–530.
- Oktavia, R. (2021). Hubungan Faktor Sosial Ekonomi Keluarga dengan Kejadian Stunting. *Jurnal Medika Hutama*, 03(01), 1616–1620.
- Pralisaputri K R, Heribertus, S., & Chatarina, M. (2016). Pengembangan Media Booklet Berbasis SETS Pada Materi Pokok Mitigasi Dan Adaptasi Bencana Alam Untuk Kelas X SMA. *Jurnal GeoEco*, 2(2), 147–154.
- Rahayu, A., Yulidasari, F., Putri, A. O., & Anggraini, L. (2018). Study Guide - Stunting dan Upaya Pencegahannya. In *Buku stunting dan upaya pencegahannya*.
- Rahmawati, N. F., Fajar, N. A. and Idris, H. (2020). Faktor sosial, ekonomi, dan pemanfaatan posyandu dengan kejadian stunting balita keluarga miskin penerima PKH di Palembang. *Jurnal Gizi Klinik Indonesia*, 1(1).
- Safitri, N. Q. L., & Prananta, R. (2022). Tahapan Pembuatan E-booklet Sebagai Media Informasi Objek Wisata Kedung Kandang di Desa Wisata Nglanggeran. 9(4), 393–405.
- Satmoko, S., & Astuti, H. T. (2006). Pengaruh Bahasa Booklet Pada Peningkatan Pengetahuan Peternak Sapi Perah Tentang Inseminasi Buatan Di Kelurahan



- Nongkosawit, Kecamatan Gunungpati, Kota Semarang. *Jurnal Penyuluhan*, 2(2).  
<https://doi.org/10.25015/penyuluhan.v2i2.2184>
- Sugiyono. (2013a). Metode Penelitian Kualitatif dan R and D. In *Bandung: Alfabeta* (Vol. 3, Issue April).
- Sugiyono. (2013b). *Metode Penelitian Kuantitatif Kualitatif dan R&D*.
- Violla, R. and Fernandes, R. (2021). Jurnal Sikola: Jurnal Kajian Pendidikan dan Pembelajaran. *Efektivitas Media Pembelajaran E-booklet Dalam Pembelajaran Daring Untuk Meningkatkan Hasil Belajar Siswa Pada Mata Pelajaran Sosiologi*, 3(1), 13–23.