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**PENGARUH *E-POCKETBOOK* ASI EKSKLUSIF TERHADAP
PENGETAHUAN DAN SIKAP REMAJA SEBAGAI UPAYA DINI
PENCEGAHAN *STUNTING***

ABSTRAK

xiv, 114 hal, 5 Bab, 2 bagan, 16 tabel, 6 gambar, 22 lampiran

Penelitian ini dilatarbelakangi oleh angka kejadian *stunting* yang meningkat dan cakupan ASI eksklusif yang masih rendah di Indonesia. Tingginya angka *stunting* di Indonesia diakibatkan salah satunya karena tidak memberikannya ASI eksklusif kepada bayi selama 6 bulan. Remaja menjadi salah satu sasaran yang tepat untuk pencegahan dini *stunting* karena usia remaja merupakan usia produktif yang nanti akan menikah dan mempunyai bayi. Tujuan dari penelitian ini untuk mengetahui adanya pengaruh *E-Pocketbook* ASI eksklusif terhadap pengetahuan dan sikap remaja sebagai upaya dini pencegahan *stunting*. Metode penelitian menggunakan studi literatur dengan menelaah jurnal yang terkait dengan penelitian. Teknik pengumpulan data menggunakan data sekunder (tidak langsung). Hasil didapatkan 5 jurnal yang mendekati dengan penelitian bahwa adanya pengaruh media *E-Pocketbook* dengan peningkatan pengetahuan dan peningkatan sikap siswa/siswi. Hasil penilaian *E-Pocketbook* oleh ahli media sebesar 3,41 dengan keterangan media layak digunakan dengan melakukan revisi. Berdasarkan analisis dan kesimpulan peneliti memberikan rekomendasi untuk penelitian selanjutnya diharapkan adanya uji coba media lapangan kepada sasaran penelitian.

Kata Kunci: ASI eksklusif, *E-Pocketbook*, Pengetahuan, Sikap
Daftar Pustaka: 30(2010-2020)

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***EFFECT OF E-POCKETBOOK EXCLUSIVE BREASTFEEDING TO THE
KNOWLEDGE AND ATTITUDE OF ADOLESCENTS ON STUNTING
PREVENTION***

ABSTRACT

xiv, 114 pages, 5 chapters, 2 charts, 16 tables, 6 images, 22 attachments

This research is background by the increasing incidence of stunting and the low coverage of exclusive breastfeeding in Indonesia. The highest rate of stunting in Indonesia is caused by one of them because it does not provide exclusive breastfeeding to babies for 6 months. Teenagers become one of the right targets for early prevention of stunting because adolescence is a productive age that will later get married and have a baby. The purpose of this study was to determine the effect of exclusive breastfeeding e-pocketbook on the knowledge and attitudes of adolescents as an early effort to prevent stunting. The research method uses the study of literature by examining journals related to research. Data collection techniques using secondary data (indirect). The results obtained are 5 journals are close to the research the influence of E-Pocketbook media with increased knowledge and increased student/ student attitudes. The results of the E-Pocketbook assessment by experts media amounted to 3.41 with the information that the media was appropriate to use by making revisions. Based on the analysis and conclusion the researcher provides recommendations for further research is expected to have a field media trial to the research target.

*Keywords: Exclusive Breastfeeding, E-Pocketbook, Knowledge, Attitude
Bibliography : 30(2010-2020)*